

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Lysine (g) ; Arginine (g)

Food Subset: All Foods  
Ordered by: Nutrient Content  
Measured by: Household  
Report Run at: September 16, 2016 02:15 EDT

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	26.252	16.207
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	24.439	16.734
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	12.524	9.582
05305	Ground turkey, raw	453.6	1.0 lb	7.970	6.468
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	6.856	5.203
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	6.314	5.230
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	5.968	3.246
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	5.826	3.681
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	5.431	5.149
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	5.398	4.131
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	5.312	3.753
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	5.033	5.865
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	4.878	3.904
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	4.750	3.826
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	4.681	3.379
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	4.648	3.233
36027	DENNY'S, chicken strips	194.0	1.0 serving	4.287	2.386
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	4.255	3.181
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	4.231	3.456
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	4.226	3.158
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	4.181	3.126
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	4.162	2.904
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	4.120	2.866

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	4.111	3.343
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	4.084	2.840
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	4.082	2.847
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	4.032	4.699
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	4.032	4.699
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	4.030	3.032
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	4.015	2.799
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	3.979	2.592
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	3.971	2.989
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	3.954	2.977
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	3.943	3.018
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	3.938	2.170
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.930	2.790
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	3.927	2.957
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	3.916	2.599
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	3.905	2.545
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	3.903	2.730
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	3.901	2.730
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	3.898	2.769
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	3.889	2.713
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	3.888	3.433
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	3.849	2.645
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	3.847	2.787
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	3.845	2.784
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	3.838	3.217
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	3.825	2.484
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	3.794	2.708
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	3.766	2.139

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23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	3.765	2.634
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	3.709	2.661
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	3.709	2.687
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.707	2.495
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.707	2.495
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.689	2.619
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	3.682	2.666
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.676	2.610
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	3.667	2.657
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	3.661	2.944
16119	Soy meal, defatted, raw	122.0	1.0 cup	3.649	4.254
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	3.624	2.599
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	3.620	2.859
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.619	2.569
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	3.616	2.575
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.600	2.423
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	3.584	2.596
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	3.584	2.596
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	3.580	2.569
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	3.571	2.468
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	3.562	2.111
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	3.553	2.880
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	3.546	2.644
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	3.545	1.924
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	3.544	2.519
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	3.506	2.539
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.506	2.358
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	3.496	2.473

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	3.493	1.349
01035	Cheese, provolone	132.0	1.0 cup, diced	3.493	1.349
16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	3.491	4.310
16076	Lupins, mature seeds, raw	180.0	1.0 cup	3.479	6.979
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	3.465	3.399
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.462	2.572
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.447	2.447
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	3.444	3.461
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	3.441	2.443
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	3.438	2.629
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.436	2.439
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	3.436	1.449
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	3.431	2.625
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	3.427	3.685
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	3.421	2.442
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	3.417	2.439
01040	Cheese, swiss	132.0	1.0 cup, diced	3.412	1.224
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	3.405	3.131
11667	Seaweed, spirulina, dried	112.0	1.0 cup	3.388	4.645
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	3.374	2.198
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	3.367	2.195
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.347	2.377
16144	Lentils, pink or red, raw	192.0	1.0 cup	3.341	3.702
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	3.319	2.477
16069	Lentils, raw	192.0	1.0 cup	3.302	3.654
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.298	2.642
16117	Soy flour, defatted	105.0	1.0 cup	3.285	3.829
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	3.260	2.259
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.255	2.311
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	3.245	2.352
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	3.245	2.304
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	3.240	2.347
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	3.238	2.921

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.233	2.295
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	3.227	2.292
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	3.226	2.318
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	3.210	2.456
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	3.198	2.885
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	3.192	2.079
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	3.189	2.078
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	3.181	2.365
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	3.174	2.278
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	3.168	2.979
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	3.164	2.825
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	3.162	2.060
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	3.156	2.241
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	3.146	2.924
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.146	2.407
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	3.131	2.511
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	3.128	2.393
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	3.118	2.663
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	3.115	2.810
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	3.112	2.395
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	3.088	2.192
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	3.085	2.537
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	3.081	2.781
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	3.078	2.777
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	3.075	2.126
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	3.074	1.296
01020	Cheese, fontina	132.0	1.0 cup, diced	3.073	1.102
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.068	2.134
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	3.067	2.248
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	3.056	2.838
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	3.045	2.118
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	3.040	2.289

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15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	3.024	1.971
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	3.020	2.726
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	3.020	2.189
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	3.020	2.189
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	3.010	1.962
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	3.005	2.090
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	2.992	2.115
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	2.983	2.261
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	2.977	2.686
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.975	2.113
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	2.974	2.278
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.972	2.111
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	2.961	2.268
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	2.960	2.670
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	2.949	2.529
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.941	2.262
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.927	2.042
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	2.923	1.904
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	2.917	2.159
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.915	2.202
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.914	2.250
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.910	2.024
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	2.905	2.273
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.902	2.019
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.894	2.014
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	2.893	2.245
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak ( yield from 148.1 g raw meat )	2.888	2.114
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	2.881	2.088
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	2.879	1.561
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.878	2.003
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	2.877	2.594

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23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.870	1.998
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	2.870	1.871
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	2.869	2.561
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	2.852	2.230
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	2.851	2.065
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	2.846	2.567
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.842	1.976
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.842	1.976
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	2.841	1.727
01133	Egg, whole, dried	85.0	1.0 cup, sifted	2.838	2.610
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	2.830	2.300
01030	Cheese, muenster	132.0	1.0 cup, diced	2.823	1.163
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.823	1.975
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	2.820	2.623
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.816	1.959
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	2.816	2.520
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.815	2.163
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.813	2.099
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.809	1.954
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.804	2.067
01005	Cheese, brick	132.0	1.0 cup, diced	2.804	1.154
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.796	2.022
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	2.795	1.820
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	2.795	2.233
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.793	1.943
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	2.792	2.553
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.783	2.192
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.782	1.935

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.780	1.935
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	2.779	1.810
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	2.776	2.011
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.774	1.935
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.771	2.110
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.765	1.963
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	2.764	2.621
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	2.764	2.044
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	2.764	2.094
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	2.761	1.798
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	2.761	1.382
15005	Fish, bluefish, raw	150.0	1.0 fillet	2.760	1.799
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	2.754	1.820
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	2.754	3.878
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.753	1.915
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	2.749	2.814
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.748	1.917
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	2.745	2.476
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	2.741	1.901
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.741	1.907
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.727	1.929
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	2.719	2.500
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	2.714	1.948
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	2.713	2.058
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	2.712	3.866
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	2.710	2.084
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	2.710	2.006
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	2.705	2.002

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	2.703	2.246
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.701	1.879
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	2.698	1.869
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	2.695	2.759
01025	Cheese, monterey	132.0	1.0 cup, diced	2.689	1.221
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	2.685	2.421
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	2.684	1.749
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.682	1.866
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.679	1.869
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	2.671	1.220
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.667	1.794
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.667	1.856
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.666	1.861
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	2.664	1.955
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.663	1.858
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	2.662	2.122
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.658	1.890
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	2.657	2.720
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	2.654	2.180
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.650	1.844
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	2.650	1.975
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	2.649	2.029
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	2.643	1.632
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.642	1.886
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak ( yield from 134.9 g raw meat )	2.639	1.941
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.638	1.840
01034	Cheese, port de salut	132.0	1.0 cup, diced	2.623	1.092

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	2.621	1.843
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	2.617	2.115
05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	2.615	1.968
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	2.614	2.819
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	2.614	2.000
01011	Cheese, colby	132.0	1.0 cup, diced	2.611	1.185
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.609	1.826
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.604	1.841
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.602	1.815
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.597	1.811
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	2.594	1.985
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	2.589	1.686
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.584	1.828
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.583	1.807
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	2.571	1.835
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.565	1.724
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	2.561	2.185
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	2.560	2.341
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.558	1.958
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	2.558	1.842
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	2.556	1.720
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.555	1.941
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.555	1.941
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.547	1.776
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	2.545	1.834
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.537	1.776

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	2.537	1.820
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.534	1.768
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	2.533	1.808
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	2.532	1.827
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.531	1.765
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	85.0	3.0 oz	2.529	1.702
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.527	1.787
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	2.526	1.793
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	2.526	1.793
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.524	1.761
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.520	1.759
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	2.519	1.814
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.519	1.913
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	2.519	1.649
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.519	1.913
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.516	1.755
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.515	1.754
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.514	1.788
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.512	1.752
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.509	1.920
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.507	2.057
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	2.506	3.616
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.506	1.753
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	2.505	1.924

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	2.504	2.133
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	2.502	1.786
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	2.502	1.824
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0	1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)	2.502	1.796
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.499	1.743
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	2.496	1.755
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	2.490	4.196
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	2.485	1.904
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	2.485	1.857
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	2.479	1.852
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.479	1.724
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.477	1.768
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.477	1.752
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	2.477	1.822
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	2.474	1.789
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.473	1.725
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	2.473	1.907
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	2.471	1.578
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.470	1.756
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.470	1.890
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	2.470	1.779
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	2.469	1.845
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	2.464	6.559
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	2.463	1.118
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	2.463	1.118
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.462	1.657

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.462	1.742
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	2.462	1.767
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	2.459	1.324
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.457	1.714
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	2.457	1.734
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.456	1.753
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.456	1.718
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.455	1.835
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.453	1.716
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	2.453	1.598
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.451	1.714
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	2.450	2.856
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.448	1.708
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	2.448	1.567
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.448	1.830
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	2.447	1.747
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	2.447	1.595
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.446	1.858
16078	Mothbeans, mature seeds, raw	196.0	1.0 cup	2.446	--
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.443	1.869
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	2.439	1.867
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	2.438	1.865
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.435	1.863
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.429	1.699
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.428	1.634

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure	
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.428	1.844	
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	2.427	1.582	
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.425	1.812	
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.422	1.690	
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)		2.422	1.849
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	2.419	1.964	
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.415	1.717	
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.413	1.684	
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.413	1.846	
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	2.412	1.860	
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	2.412	1.721	
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.411	1.844	
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	2.411	1.696	
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.411	1.831	
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	2.408	1.744	
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.407	1.799	
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	2.407	1.953	
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	2.406	1.388	
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	2.405	1.842	
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.402	1.795	
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	2.398	1.646	
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.398	1.792	
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.397	1.833	
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.397	1.834	
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.395	1.790	

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.394	1.709
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.393	1.674
36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	2.392	1.628
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.391	1.699
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	2.389	1.727
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.389	1.828
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.389	1.672
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.388	1.715
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	2.383	1.522
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	2.383	1.762
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	2.382	1.810
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	2.380	1.762
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	2.380	1.746
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	2.378	1.697
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.377	1.818
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	2.375	2.144
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.373	1.660
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	2.371	1.670
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.366	1.769
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	2.365	1.524
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.364	1.767
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	2.364	1.696
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.363	1.808
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	2.362	1.747
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.362	1.653

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.360	1.805
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	2.359	1.684
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	2.355	1.681
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	2.355	1.805
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.354	1.800
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.352	1.646
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	2.352	1.703
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	2.352	1.741
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	2.351	1.678
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.351	1.799
21270	TACO BELL, Taco Salad	533.0	1.0 item	2.351	1.844
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.349	1.662
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.346	1.754
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	2.345	1.684
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.343	1.793
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2.343	1.698
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.336	1.746
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	2.335	1.522
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.334	1.570
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	2.333	1.772
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	2.331	1.797
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.329	1.629
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.329	1.741
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.329	1.629

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.326	1.654
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	2.326	1.607
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	2.324	1.658
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.323	1.658
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	2.322	1.704
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	2.322	1.930
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	2.321	2.088
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.317	1.745
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	2.317	1.757
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.314	1.618
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.314	1.771
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.314	1.618
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	2.313	1.664
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.313	1.609
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.313	1.609
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak ( yield from 123.5 g raw meat )	2.312	1.693
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	2.308	1.623
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	2.306	1.777
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.306	1.737
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.304	1.612
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	2.303	1.652
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	2.302	1.407
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.301	1.628
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.299	1.731
23309	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.298	1.718

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	2.298	1.664
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	2.296	1.647
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.295	1.596
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.295	1.596
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	2.292	1.505
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.292	1.603
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.291	1.603
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	2.287	1.633
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.286	1.633
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.285	1.590
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.285	1.616
16106	Meat extender	88.0	1.0 cup	2.284	2.748
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	2.283	1.965
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2.283	1.654
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	2.282	1.218
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.281	1.535
23318	Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.281	1.705
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	2.278	1.550
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.278	1.586
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.278	1.612
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	2.274	1.482
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	2.273	1.669
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	2.272	1.622
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	2.266	1.657

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.263	1.601
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	2.261	1.595
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.260	1.572
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	2.257	1.608
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	2.257	1.612
15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	2.257	2.265
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	2.256	1.874
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	2.254	1.544
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	2.253	1.737
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	2.252	1.557
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	2.252	1.556
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2.251	1.515
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	2.248	1.647
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.248	1.605
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	2.248	1.628
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.246	1.679
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	2.246	1.603
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.245	1.596
01024	Cheese, limburger	134.0	1.0 cup	2.245	0.935
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	2.243	1.849
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.241	1.609
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.239	1.623
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	2.238	1.636
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	2.238	1.714
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.236	1.671
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	2.236	1.857
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	2.236	1.635

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	2.235	1.619
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	2.234	1.595
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	2.234	1.693
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	2.234	1.595
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	2.233	1.915
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.233	1.553
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.231	1.707
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.230	1.552
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	2.230	1.115
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.230	1.499
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	2.228	1.710
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	2.225	1.528
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	2.225	1.603
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.224	1.581
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	2.224	1.587
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	2.221	1.494
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	2.221	1.535
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.221	1.660
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	2.219	1.683
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	2.215	1.707
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	2.214	1.604
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	2.213	1.626
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	2.213	1.623
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.213	1.693
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.212	1.488
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.211	1.538
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	2.211	1.680

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.210	1.563
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	2.209	1.578
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.209	1.486
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.207	1.544
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.206	1.649
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	2.205	1.789
05647	Ostrich, inside strip, cooked	85.0	1.0 serving ( 3 oz )	2.204	1.708
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.204	1.647
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	2.204	1.681
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	2.203	1.686
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.203	1.558
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.203	1.566
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	2.202	1.360
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.202	1.537
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.202	1.533
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	2.202	1.522
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.202	1.686
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.202	1.646
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	2.202	1.435
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	2.201	1.646
01032	Cheese, parmesan, grated	100.0	1.0 cup	2.201	1.157
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	2.200	1.480
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.198	1.563
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	2.197	1.612

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.197	1.528
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	2.196	1.693
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.196	1.641
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2.195	1.590
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	2.195	1.679
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	2.195	1.624
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.194	1.640
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.194	1.679
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	2.193	1.678
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	2.192	1.428
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.191	1.564
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	2.191	1.750
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	2.191	1.784
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	2.190	1.572
17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	2.190	1.562
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	2.190	1.563
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	2.188	1.459
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	2.188	1.512
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.187	1.635
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	2.184	1.423
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	2.184	1.510
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	2.184	1.510
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	2.183	1.179
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz ( 1 serving )	2.182	1.631
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	2.182	1.581
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	2.182	1.669
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	2.180	1.579

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	2.180	1.420
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	2.179	1.578
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	2.178	1.578
05645	Ostrich, inside leg, cooked	85.0	1.0 serving ( 3 oz )	2.178	1.686
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.176	1.665
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	2.175	1.610
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	2.174	1.560
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.173	1.512
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.173	1.512
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	2.173	1.575
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.173	1.561
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	2.172	1.696
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.171	1.460
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.168	1.633
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	2.168	1.572
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	2.166	1.660
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	2.164	1.660
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.163	1.617
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	2.162	2.120
05652	Ostrich, oyster, cooked	85.0	1.0 serving ( 3 oz )	2.162	1.674
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	2.162	1.526
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	2.162	1.567
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.162	1.654
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	2.161	1.566
36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0	1.0 serving serving size varied by diameter and count of raviloi	2.161	1.243
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	2.160	1.557
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	2.159	1.793
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	2.159	1.615
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.154	1.538
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	2.154	1.659

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.153	1.609
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	2.153	1.399
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.152	1.559
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	2.152	1.658
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.152	1.448
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.150	1.646
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	2.150	1.681
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	2.150	1.658
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	2.149	1.786
17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	2.148	1.573
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.148	1.520
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	2.147	1.663
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	2.147	1.556
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	2.146	1.540
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	2.145	1.564
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.145	1.493
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.145	1.540
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	2.145	1.587
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	2.144	1.480
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	2.144	1.781
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.144	1.516
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	2.144	1.652
05650	Ostrich, outside strip, cooked	85.0	1.0 serving ( 3 oz )	2.143	1.659
05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	2.143	1.597
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	2.140	1.440
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz ( 1 serving )	2.139	1.536
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.139	1.599
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	2.139	1.649

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	2.139	1.598
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.139	1.598
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving ( 3 oz )	2.139	1.656
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.138	1.598
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.137	1.635
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	2.137	1.506
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.136	1.597
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	2.136	1.476
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	2.136	1.391
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.133	1.594
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	2.133	1.545
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.132	1.516
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.131	1.544
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	2.131	1.537
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.129	1.629
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2.128	1.431
15022	Fish, cusk, raw	122.0	1.0 fillet	2.128	1.387
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.127	1.527
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.127	1.518
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.126	1.650
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	2.124	1.384
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2.124	1.429
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.123	1.477
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	2.123	1.517
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	2.122	1.551
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	2.122	1.635

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	2.119	1.634
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	2.119	1.547
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	2.119	1.474
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	2.119	1.380
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	2.118	1.534
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	2.118	1.425
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.118	1.621
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	2.117	1.632
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	2.117	1.425
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.117	1.504
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.117	1.497
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.116	1.593
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	2.116	1.463
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	2.115	1.631
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	2.115	1.423
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	2.114	1.509
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.114	1.509
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	2.114	1.531
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	2.113	1.450
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	2.113	1.450
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	2.113	1.450
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	2.113	1.516
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.112	1.616
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.111	1.590
05658	Ostrich, top loin, cooked	85.0	1.0 serving ( 3 oz )	2.111	1.635
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	2.110	0.763

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	2.108	1.504
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.108	1.471
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.108	1.471
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.107	1.612
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	2.107	1.418
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	2.106	1.750
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	2.106	1.750
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	2.103	1.463
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	2.103	1.510
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.103	1.584
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	2.102	1.449
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	2.102	1.746
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.100	1.506
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	2.100	1.607
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.100	1.606
15261	Fish, tilapia, raw	116.0	1.0 fillet	2.100	1.481
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	2.100	1.507
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2.099	1.606
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.099	1.489
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.099	1.580
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	2.098	1.563
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.097	1.625
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	2.095	1.503
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.093	1.636
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	2.093	1.647
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	2.091	1.445

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	2.090	1.611
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	2.089	1.598
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.089	1.477
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	2.089	1.596
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.088	1.457
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	2.088	1.514
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.088	1.457
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	2.088	1.476
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	2.087	1.561
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.087	1.499
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	2.087	1.556
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	2.085	1.510
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.085	1.496
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.085	1.595
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.084	1.510
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.084	1.497
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	2.084	1.488
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	2.084	1.629
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.084	1.497
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.083	1.400
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.083	1.495
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.082	1.495
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	2.081	1.592
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.080	1.798
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	2.080	1.633
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.080	1.626

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	2.080	1.493
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.080	1.493
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2.080	1.399
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.079	1.465
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.079	1.590
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	2.077	1.397
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	2.076	1.532
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.075	1.587
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	2.074	1.599
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.074	1.489
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	2.074	1.394
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	2.074	1.523
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	2.073	1.598
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2.073	1.629
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	2.071	1.350
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	2.071	1.350
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	2.071	1.548
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	2.071	1.461
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	2.070	1.595
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.070	1.486
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	2.069	1.522
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	2.069	1.572
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	2.069	1.720
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	2.069	1.595
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.068	1.470
15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	2.068	2.542
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty ( yield from 104.1 g raw meat )	2.067	1.514

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.067	1.439
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	2.067	1.545
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	2.067	1.545
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.066	1.544
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.066	1.483
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	2.066	1.592
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	2.065	1.474
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.065	1.387
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.064	1.482
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.063	1.426
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	2.063	2.014
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	2.063	1.480
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.061	1.438
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.061	1.438
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	2.061	1.673
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	2.061	1.525
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	2.059	1.618
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	2.059	1.575
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.059	1.550
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	2.058	1.477
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	2.058	1.550
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.058	1.436
15006	Fish, burbot, raw	116.0	1.0 fillet	2.058	1.341
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	2.058	1.587

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	2.055	1.466
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	2.054	1.339
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.054	1.437
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	2.054	1.474
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.054	1.476
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	2.053	1.474
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	2.053	1.337
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2.053	1.613
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.053	1.473
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.052	1.544
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	2.051	1.555
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.050	1.544
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.050	1.378
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.050	1.472
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	2.047	1.333
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	2.045	1.262
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.044	1.469
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.044	1.539
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	2.044	1.413
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.043	1.470
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	2.043	1.003
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	2.043	1.574
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.042	1.479
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	2.040	1.456
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.040	1.371
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.040	1.478
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	2.039	1.410

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	2.038	1.524
17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	2.038	1.567
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	2.038	1.398
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.037	1.476
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	2.037	1.461
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	2.037	1.570
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.036	1.591
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	2.036	1.369
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	2.035	1.568
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	2.035	1.545
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	2.035	1.461
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	2.034	1.567
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	2.034	1.506
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	2.033	1.556
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	2.033	1.459
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2.032	1.597
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	2.032	1.323
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.032	1.555
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	2.031	1.687
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	2.031	1.295
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	2.030	1.323
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	2.029	1.516
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	2.028	1.432
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	2.028	1.026
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.027	1.515
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	2.027	1.685

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	2.026	1.468
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	2.026	1.562
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	2.026	1.562
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	2.026	1.390
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	2.026	1.390
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	2.026	1.683
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	2.026	1.514
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	2.025	1.362
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	2.025	1.413
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	2.023	1.438
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	2.023	1.465
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	2.022	1.465
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	2.020	1.546
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	2.020	1.409
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	2.020	1.510
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	2.020	1.521
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	2.020	1.678
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.019	1.579
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	2.019	1.448
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.019	1.520
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	2.017	1.555
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	2.017	1.544
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.016	1.543
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	2.016	1.554
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	2.015	1.313
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	2.015	1.460

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	2.015	1.438
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	2.014	1.434
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	2.014	1.535
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	2.014	1.383
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	2.014	1.551
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	2.014	1.673
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	2.013	1.540
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	2.012	1.539
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	2.012	1.336
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	2.011	1.539
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	2.011	1.632
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	2.010	1.670
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	2.009	1.571
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	2.009	1.350
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.009	1.537
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.008	1.570
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	2.008	1.536
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	2.008	1.308
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	2.008	1.473
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	2.007	1.454
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	2.007	1.667
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	2.007	1.547
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	2.006	1.350
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	2.006	1.546
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	2.006	1.576
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	2.005	1.348
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	2.005	1.227
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	2.005	1.666
16113	Natto	175.0	1.0 cup	2.004	1.591

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	2.003	1.533
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	2.003	1.567
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	2.003	1.424
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	2.002	1.374
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	2.002	1.572
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	2.002	1.450
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	2.002	1.484
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	2.002	1.565
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.000	1.399
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	2.000	1.399
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.998	1.493
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.998	1.529
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.998	1.659
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.998	1.426
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.997	1.419
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.996	1.527
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.996	1.343
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.994	1.526
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	1.994	1.656
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	1.993	1.537
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	1.993	1.466
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.992	1.558
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.992	1.510
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.992	1.339
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	1.992	1.298
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	1.991	1.476
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	1.991	2.597
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.990	1.421

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
05316	Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled	85.0	3.0 oz	1.989	1.482
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	1.989	1.533
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.988	1.522
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.987	1.521
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.987	1.474
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	1.986	1.410
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.986	1.385
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	1.986	1.294
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.985	1.649
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.985	1.504
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.985	1.494
11450	Soybeans, green, raw	256.0	1.0 cup	1.984	2.668
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.984	1.507
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.983	1.506
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.983	1.506
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	1.982	1.396
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.982	1.334
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	1.982	1.648
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	1.980	1.527
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.980	1.385
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.980	1.385
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.979	1.514
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.979	1.514
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.978	1.406

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.978	1.513
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.978	1.470
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.977	1.413
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.977	1.513
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.977	1.642
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.977	1.513
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	1.976	1.418
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	1.976	1.431
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	1.975	1.603
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.975	1.397
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	1.975	1.640
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.973	1.402
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	1.973	1.285
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	1.972	1.764
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	1.972	1.501
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	1.970	1.599
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.970	1.394
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.970	1.507
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.969	1.636
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	1.969	1.510
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1.969	2.295
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.967	1.323
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	1.966	1.403
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.966	1.504
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.966	1.368
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.965	1.371

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.965	1.371
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.965	1.321
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.964	1.402
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	1.964	1.357
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.964	1.389
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.964	1.321
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.963	1.422
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.963	1.502
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	1.962	1.512
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.961	1.500
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.959	1.367
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.959	1.367
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.959	1.450
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.958	1.499
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.958	1.385
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.958	1.499
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.958	1.385
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.958	1.397
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.958	1.385
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	1.958	1.397
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.957	1.369
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.957	1.510
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.957	1.316
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.956	1.497

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.955	1.529
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.955	1.496
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.955	1.406
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	1.955	1.352
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1.954	5.201
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.954	1.484
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.954	1.528
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.954	1.471
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	1.954	1.623
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	1.953	1.407
23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	1.953	1.535
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	1.953	2.546
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	1.952	1.505
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	1.952	1.513
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.952	1.493
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.952	1.480
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.952	1.478
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.952	1.493
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	1.951	1.958
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.951	1.533
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.951	1.482
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	1.950	1.503
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.950	1.379
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.950	1.492
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.948	1.491
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.947	1.479
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.947	1.479

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.947	1.479
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	1.946	1.267
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.946	1.465
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.946	1.389
05641	Ostrich, ground, raw	109.0	1.0 patty	1.946	1.507
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	1.945	1.616
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	1.944	1.334
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	1.944	1.368
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	1.944	1.334
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	1.944	1.334
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.943	1.359
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.943	1.359
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.942	1.408
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.942	1.408
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.941	1.475
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.941	1.485
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	1.941	1.525
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.940	1.473
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	1.940	1.386
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	1.940	1.264
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.940	1.460
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.940	1.385
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz ( 1serving )	1.937	1.396
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.937	1.482
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.937	1.514
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	1.937	1.609

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.936	1.447
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	1.935	1.392
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	1.933	1.495
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.933	1.345
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.933	1.299
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.933	1.468
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.931	1.477
16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	1.930	2.250
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.929	1.385
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.929	1.371
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.929	1.465
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.928	1.466
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	1.927	1.256
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	1.927	1.255
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.924	1.472
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.924	1.472
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	1.924	1.393
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.923	1.471
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.923	1.373
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	1.922	1.597
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	1.0 serving	1.922	1.471
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	1.922	1.510
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.920	1.371
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.920	1.595
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	1.920	1.596

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.919	1.471
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.918	1.444
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty ( yield from 112.7 g raw meat )	1.918	1.408
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.918	1.380
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	1.918	1.412
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.918	1.290
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.917	1.289
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	1.917	0.923
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	1.915	1.476
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.915	1.289
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.915	1.355
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.914	1.367
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.914	1.286
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	1.914	1.247
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.913	1.496
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	1.913	1.247
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.912	1.287
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.912	1.360
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	1.912	1.552
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.912	1.463
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.911	1.286
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	1.911	1.245
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.911	1.358
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.910	1.333

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	1.910	1.490
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.909	1.357
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.909	1.461
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	1.909	1.495
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.908	1.492
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.908	1.449
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.908	1.460
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.908	1.335
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.907	1.449
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.907	1.335
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.907	1.373
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	1.906	1.584
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	1.906	1.583
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	1.906	2.221
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.906	2.221
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	1.903	1.581
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	1.902	1.494
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.902	1.441
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.902	1.280
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.901	1.326
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	1.901	1.238
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.901	1.454
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	1.900	1.397
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.900	1.493
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	1.900	1.577
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.899	1.439
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.899	1.454

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.899	1.454
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.898	1.367
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	1.896	1.346
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	1.896	1.260
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.896	1.323
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.896	1.275
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.896	1.450
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.896	1.274
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	1.895	1.575
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.895	1.347
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.895	1.460
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	1.894	1.850
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.894	1.346
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.894	1.438
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.894	1.426
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	1.893	0.864
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	1.893	0.864
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.892	1.448
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.892	1.320
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.891	1.351
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.891	1.298
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	1.891	1.364
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	1.891	1.298
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.891	1.298
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.890	1.368
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.890	1.272

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.889	1.445
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.889	1.269
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.889	1.350
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.889	1.445
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.888	1.348
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	1.888	1.569
17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	1.886	1.433
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.885	1.346
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	1.883	1.408
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	1.882	1.407
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	1.881	1.564
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	1.881	1.363
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.879	1.438
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.878	1.448
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.878	1.414
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.877	1.306
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.876	1.340
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.875	1.431
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	1.875	1.340
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	1.874	1.471
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	1.873	1.472
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.873	1.311
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.873	1.433
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.873	1.260

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	1.872	1.556
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	1.872	1.443
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.872	1.347
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.872	1.260
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.872	1.422
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	1.871	2.375
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.871	1.345
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.870	1.554
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.870	1.258
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.870	1.335
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	1.870	1.398
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.868	1.415
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.868	1.334
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.867	1.255
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	1.867	1.428
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.867	1.326
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.866	1.438
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.865	1.326
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.865	1.416
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.862	1.435
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.862	1.253
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	1.860	2.286
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.860	1.250

NDB_No	Description	Weight(g)		Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0		3.0 oz	1.860	1.401
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)		1.860	1.320
17225	Lamb, ground, cooked, broiled	85.0		3.0 oz	1.858	1.250
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0		3.0 oz	1.857	1.421
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0		4.0 oz	1.857	1.387
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0		3.0 oz	1.856	1.398
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)		1.855	1.374
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0		3.0 oz	1.855	1.458
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0		3.0 oz	1.854	1.450
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0		3.0 oz	1.854	1.396
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0		3.0 oz	1.851	1.279
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0		3.0 oz	1.851	1.538
15194	Fish, mahimahi, cooked, dry heat	85.0		3.0 oz	1.851	1.206
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0		3.0 oz	1.850	1.453
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0		3.0 oz	1.850	1.454
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0		4.0 oz	1.849	1.446
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0		3.0 oz	1.849	1.244
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0		3.0 oz	1.848	1.243
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0		3.0 oz	1.847	1.391
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0		3.0 oz	1.846	1.292
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0		3.0 oz	1.846	1.443
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0		3.0 oz	1.846	1.910
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0		3.0 oz	1.846	1.292
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0		3.0 oz	1.845	1.305
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0		3.0 oz	1.844	1.449
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0		3.0 oz	1.844	1.365

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.844	1.336
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	1.844	1.532
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.844	1.410
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	1.844	1.316
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	1.844	1.201
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	1.844	1.316
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	1.844	1.201
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	1.843	1.201
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.842	1.315
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.841	1.302
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.841	1.238
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.841	1.238
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	1.841	1.487
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	1.841	1.529
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	1.839	1.327
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	1.839	1.580
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	1.839	1.182
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	1.839	1.293
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving ( 3 oz )	1.839	1.349
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	1.837	1.443
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.837	1.396
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	1.836	1.526
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	1.836	1.525
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.836	1.442
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.836	1.330
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.834	1.234
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	1.834	1.436
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	1.834	1.523
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.833	1.392

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.833	1.233
05154	Pheasant, raw, meat only	85.0	3.0 oz	1.833	1.218
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.833	1.233
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.833	1.282
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	1.833	1.522
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.833	1.282
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.832	1.232
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.831	1.256
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.831	1.256
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	1.831	1.193
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.831	1.256
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.830	1.378
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	1.830	1.306
01019	Cheese, feta	150.0	1.0 cup, crumbled	1.829	0.705
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.828	1.389
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.826	1.298
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.826	1.303
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.825	1.389
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	1.825	1.323
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	1.825	1.434
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	1.824	1.189
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	1.824	1.406
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	1.824	2.378
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	1.824	1.395
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.823	1.425
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	1.822	1.341
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.821	1.383
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	1.821	1.187

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	1.819	1.403
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.819	1.369
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.818	1.339
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.818	1.429
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.817	1.391
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.816	1.284
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.816	1.297
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.816	1.420
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	1.815	1.399
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	1.814	1.306
17338	Game meat, elk, ground, raw	102.0	1.0 patty ( yield from 102.2 g raw meat )	1.814	1.328
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	1.813	1.397
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.813	1.244
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	1.813	1.244
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.813	1.244
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.810	1.281
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.810	1.396
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	1.810	1.291
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	1.809	1.504
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.809	1.266
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	1.808	1.290
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	1.807	1.177
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.807	1.350
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	1.807	1.392
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.806	1.287
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	1.805	1.114
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	1.804	1.288
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	1.803	1.268

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	1.803	1.365
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	1.802	1.497
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.801	1.388
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.801	1.415
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.801	1.286
17161	Game meat, buffalo, water, cooked, roasted	85.0	3.0 oz	1.800	1.429
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	1.800	1.495
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.799	1.277
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.799	1.413
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	1.799	1.414
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	1.796	1.314
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	1.795	1.282
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	1.793	1.312
05157	Quail, meat and skin, raw	109.0	1.0 quail	1.793	1.394
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.793	1.299
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.792	1.357
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.791	1.308
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.789	1.204
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.789	1.203
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.789	1.399
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	1.788	1.603
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	1.787	1.265
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	1.786	1.403
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.786	1.449
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.786	1.357
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	1.785	1.678
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	1.785	1.376
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	1.785	1.163
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.785	1.396
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	1.784	1.483
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.783	1.273

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.783	1.273
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	1.782	1.161
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	1.782	1.481
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	1.779	1.478
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.778	1.377
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	1.778	1.231
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	1.777	1.371
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	1.777	1.158
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	1.776	1.396
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.776	1.395
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	1.775	1.546
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.774	1.266
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.774	1.357
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.774	1.241
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	1.772	2.310
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.771	1.238
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.771	1.190
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.769	1.257
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	1.767	1.152
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	1.767	1.267
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	1.766	1.330
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.765	1.266
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	1.765	1.149
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.764	1.254
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	1.762	1.269
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.762	1.186
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.762	1.348
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.761	1.257

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.761	1.257
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.761	1.338
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.760	1.289
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	1.759	1.333
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.759	1.183
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.759	1.355
05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.758	1.247
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	1.755	1.144
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	1.755	1.358
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.754	1.241
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.754	1.247
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.754	1.358
05158	Quail, meat only, raw	92.0	1.0 quail	1.753	1.269
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	1.752	1.758
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	1.750	1.261
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.749	1.329
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	1.749	1.325
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.748	1.348
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.748	1.324
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	1.748	1.325
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.747	1.176
05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.746	1.240
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.744	1.216
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.742	1.421
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.740	1.323
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.739	1.261
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.739	1.230
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.737	1.240
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.737	1.340
23312	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.736	1.297

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.734	1.231
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.734	1.238
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.734	1.232
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.733	1.313
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	1.733	1.244
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	1.733	1.312
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.732	1.362
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.732	1.165
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.731	1.164
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.730	1.254
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.728	1.234
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	1.728	1.358
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	1.728	1.424
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	1.728	1.424
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	1.726	1.670
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.725	1.311
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	1.725	1.124
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.724	1.250
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	1.721	1.158
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	1.719	1.321
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	1.719	1.344
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.718	1.202
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.718	1.232
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.718	1.221
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	1.717	1.119
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.716	1.329
17169	Game meat, goat, cooked, roasted	85.0	3.0 oz	1.714	1.691
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	1.713	1.470

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	1.713	1.200
05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	1.712	1.279
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.711	1.246
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	1.708	1.842
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.708	1.300
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	1.708	1.219
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	1.707	0.908
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.707	1.224
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.706	1.363
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.706	1.296
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.704	1.205
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.704	1.235
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.703	1.146
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	1.703	1.222
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.701	1.232
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.700	1.291
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.699	1.316
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	1.699	1.219
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.698	1.212
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.697	1.269
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.697	1.142
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	1.697	1.424
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	1.695	1.216
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.692	1.139
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.692	1.329
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.692	1.138
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.691	1.284
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.691	1.284
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.691	1.284
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.691	1.196

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	1.690	1.263
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.690	1.136
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.690	1.195
20078	Wheat germ, crude	115.0	1.0 cup	1.688	2.147
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	1.687	1.100
05627	Emu, full rump, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.684	1.289
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	1.683	1.232
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	1.683	1.194
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.683	1.316
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.682	1.207
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	1.682	1.315
05159	Quail, breast, meat only, raw	85.0	3.0 oz	1.680	1.217
05644	Ostrich, inside leg, raw	85.0	1.0 serving ( cooked from 4 oz raw )	1.680	1.301
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	1.680	1.313
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	1.680	1.320
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	1.679	1.294
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.678	1.198
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	1.678	0.792
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.677	1.254
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	1.677	1.293
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.677	1.254
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	1.676	1.452
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.676	1.148
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	1.675	1.091
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.675	1.392
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.674	1.265
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	1.674	1.252
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.674	1.168
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	1.673	1.090
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	1.673	1.090

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.672	1.193
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.670	1.396
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.669	1.124
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.669	1.186
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	1.668	1.286
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.666	1.152
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving ( 3 oz )	1.665	1.221
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.663	1.264
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	1.663	1.243
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.663	1.243
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	1.662	1.214
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.661	1.261
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.661	1.118
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.660	1.180
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	1.660	1.082
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	1.659	2.163
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	1.659	1.139
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	1.659	1.139
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	1.659	1.139
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	1.659	0.784
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	1.659	1.281
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.658	1.268
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.657	1.283
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	1.657	1.376
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	1.655	1.234
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	1.655	1.237
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.655	1.237
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.655	1.273
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	1.655	2.157

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	1.654	1.374
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	1.654	1.565
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.654	1.257
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	1.654	1.698
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	1.653	1.280
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.652	1.252
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	1.652	1.185
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.651	1.278
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	1.649	1.195
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.649	1.154
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	1.648	1.654
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.647	1.295
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.646	1.182
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.646	1.260
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.646	1.259
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	1.645	1.367
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.644	1.163
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	1.642	1.213
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.641	1.227
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving ( cooked from 4 oz raw)	1.640	1.270
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.638	1.102
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	1.638	1.132
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.638	1.164
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	1.637	1.067
05643	Ostrich, fan, raw	85.0	1.0 serving ( cooked from 4oz raw)	1.637	1.268
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	1.637	1.186
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	1.637	1.262
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	1.636	1.174
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.636	1.252
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.636	1.289
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.636	1.168
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	1.636	1.066
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	1.635	2.076

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	1.635	1.185
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	1.634	1.259
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.634	1.241
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.634	1.221
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	1.633	1.171
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.632	1.260
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.631	1.239
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.630	1.241
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	1.630	1.235
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.630	1.096
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.629	1.218
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	1.629	1.354
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.629	1.218
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.629	1.217
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	1.628	1.168
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.628	1.216
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1.628	1.254
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.627	1.216
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.627	1.236
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.627	1.260
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	1.624	1.058
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	1.624	1.059
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	1.623	1.139
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.623	1.213
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	1.623	1.584
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	1.623	1.251
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	1.622	1.146
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.621	1.211

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.620	1.152
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.619	1.238
05651	Ostrich, oyster, raw	85.0	1.0 serving ( cooked from 4 oz raw)	1.618	1.253
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.617	1.227
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	1.616	1.052
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.616	1.285
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.616	1.208
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	1.614	1.159
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	1.614	1.135
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.614	1.216
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.614	1.170
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	1.614	1.363
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.613	1.206
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.612	1.151
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.612	1.225
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.610	1.223
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.610	1.223
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	1.609	1.264
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.608	1.202
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.608	1.148
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	1.608	1.263
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.607	1.221
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	1.607	1.153
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	1.607	1.255
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	1.606	1.055
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	1.606	1.046

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.605	1.199
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.604	1.162
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	1.603	1.219
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.603	1.220
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.603	1.198
15053	Fish, milkfish, raw	85.0	3.0 oz	1.603	1.045
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	1.601	1.043
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.599	1.388
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	1.599	1.041
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	1.598	1.041
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.598	1.214
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	1.598	1.158
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	1.598	1.923
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	1.597	1.231
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.596	1.213
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.595	1.230
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.595	1.193
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.595	1.170
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	1.594	6.905
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.594	1.210
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.592	1.227
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.591	1.209
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.591	1.217
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	1.590	1.168
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	1.590	1.321
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.590	1.197
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	1.590	1.038

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	1.589	1.140
15001	Fish, anchovy, european, raw	85.0	3.0 oz	1.589	1.034
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.589	1.209
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	1.588	1.090
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.586	1.110
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.585	1.204
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.585	1.066
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.584	1.130
15049	Fish, mackerel, king, raw	85.0	3.0 oz	1.584	1.032
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.583	1.198
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.580	1.182
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	1.580	1.375
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	85.0	3.0 oz	1.578	1.207
15097	Fish, sheepshead, raw	85.0	3.0 oz	1.578	1.028
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	1.577	1.082
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	1.577	1.700
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.576	1.178
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	1.576	1.231
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	1.575	1.135
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.575	1.186
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.575	1.197
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.574	1.196
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.573	1.185
15079	Fish, salmon, chum, raw	85.0	3.0 oz	1.572	1.024
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.571	1.182
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.569	1.173
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	1.568	1.209
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	1.568	1.303

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.568	1.114
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.568	1.209
05621	Emu, ground, raw	117.0	1.0 patty	1.568	1.199
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.567	1.190
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	1.567	1.021
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	1.566	1.020
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.565	1.095
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.564	1.178
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.564	1.196
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	1.560	1.203
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.559	1.165
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.558	1.192
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.557	1.164
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.557	1.180
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.556	1.163
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	1.555	1.173
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.554	1.153
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	1.553	1.125
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	1.552	1.012
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.552	1.179
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.550	1.187
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.550	1.186
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.550	1.186
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.550	1.194
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.550	1.096
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	1.549	1.009

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.549	1.096
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	1.548	1.383
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	1.547	1.008
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	1.547	1.193
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	1.546	1.103
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	1.545	1.096
13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	1.545	1.224
15110	Fish, swordfish, raw	85.0	3.0 oz	1.545	1.007
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	1.544	1.006
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	1.544	1.084
01173	Egg, white, dried	28.0	1.0 oz	1.544	1.235
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.543	1.236
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.540	1.152
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.539	1.178
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.538	1.176
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.538	1.164
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	1.537	1.064
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.536	1.175
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	1.536	1.054
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.535	1.091
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	1.535	1.090
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.533	1.173
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	1.532	1.110
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	1.531	1.092
15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	1.531	1.102
10130	Canadian bacon, unprepared	85.0	3.0 oz	1.530	1.108
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.529	1.151
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	1.529	1.190
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	1.528	1.180
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	1.528	1.148
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.527	1.157
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.527	1.169
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.526	1.167

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.524	1.158
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.524	1.158
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.524	1.166
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.524	1.166
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	1.523	1.529
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.521	1.172
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.521	1.164
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	1.520	1.085
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	1.518	1.119
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.518	1.161
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	1.518	0.989
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	1.517	0.988
17217	Veal, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.515	--
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.514	1.158
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	1.514	0.987
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.513	1.069
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	1.512	0.985
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	1.512	1.476
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.510	1.036
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	1.510	1.196
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.510	1.137
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	1.510	1.036
16422	Soy protein isolate, potassium type	28.35	1.0 oz	1.510	1.891
16122	Soy protein isolate	28.35	1.0 oz	1.510	1.891
16114	Tempeh	166.0	1.0 cup	1.507	2.078
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.507	1.135
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.507	1.153
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.507	1.126
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	1.507	0.982
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	1.506	0.766
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	1.505	0.981

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.505	1.125
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.504	1.139
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.504	1.151
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.503	1.138
15062	Fish, pike, northern, raw	85.0	3.0 oz	1.503	0.979
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	1.503	1.089
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.502	1.073
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	1.502	1.157
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	1.501	1.058
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.501	1.136
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	1.501	1.121
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.500	1.171
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.499	1.136
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.499	1.516
07008	Bologna, beef and pork	100.0	3.527 oz	1.499	1.030
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	1.499	1.205
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.498	1.128
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.498	1.128
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.497	1.137
15083	Fish, salmon, pink, raw	85.0	3.0 oz	1.495	1.094
15064	Fish, pike, walleye, raw	85.0	3.0 oz	1.494	0.973
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.494	1.143
01115	Whey, sweet, dried	145.0	1.0 cup	1.494	0.544
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	1.493	1.024
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	1.493	1.024
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.493	1.098
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.492	1.124
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.491	1.003
05152	Guinea hen, meat only, raw	85.0	3.0 oz	1.491	1.058
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.491	1.141

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	1.490	0.971
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.489	1.140
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.488	1.379
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	1.487	1.068
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.486	1.136
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.486	1.136
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.485	1.136
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.485	1.110
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	1.484	1.162
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	1.484	1.048
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.484	1.129
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.483	1.135
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.483	1.135
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	1.483	1.192
15044	Fish, ling, raw	85.0	3.0 oz	1.482	0.966
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.482	1.135
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.482	1.108
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.482	1.134
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.481	1.133
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.478	1.055
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	1.477	4.923
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	1.477	4.923
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.477	1.119
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	1.476	1.059
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.476	1.049
15033	Fish, haddock, raw	85.0	3.0 oz	1.476	0.961
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.475	1.120
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	1.475	1.091
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.475	1.117
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.475	1.048

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	1.475	1.159
15090	Fish, scup, raw	85.0	3.0 oz	1.473	0.960
17330	Game meat , bison, ground, raw	85.0	1.0 serving ( 3 oz )	1.472	1.080
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.471	1.125
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	1.471	0.693
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	1.471	0.693
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	1.471	1.264
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.471	1.099
05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	1.468	1.042
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	1.468	1.119
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	1.468	1.132
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	1.468	1.289
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	1.467	1.270
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.467	1.112
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.465	1.120
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.465	1.041
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	1.464	1.004
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	1.462	2.740
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	1.462	2.740
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.460	1.109
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.459	1.116
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	1.458	1.558
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.456	1.133
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.454	1.112
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	1.454	1.074
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	1.449	0.944
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.448	1.108
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	1.447	1.028
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	1.445	1.047
15023	Fish, mahimahi, raw	85.0	3.0 oz	1.444	0.941
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	1.442	1.034

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
20001	Amaranth grain, uncooked	193.0	1.0 cup	1.442	2.046
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	1.442	1.316
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.441	1.028
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	1.440	1.018
15025	Fish, eel, mixed species, raw	85.0	3.0 oz	1.440	0.938
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	1.440	6.235
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	1.440	6.235
05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	1.439	0.988
15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	1.438	0.937
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	1.438	1.118
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	1.436	1.051
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.433	1.091
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.431	1.077
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	1.427	1.186
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.427	1.074
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	1.427	1.019
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.426	1.074
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.425	1.074
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.425	1.073
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.424	1.090
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.424	1.072
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.423	1.071
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.421	1.015
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.420	1.069
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.417	1.078
05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	1.414	1.048

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	1.414	1.024
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	1.414	1.009
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.411	1.062
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.409	1.062
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	1.408	1.043
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.408	1.078
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.408	1.078
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	1.408	1.085
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.408	0.996
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	1.406	1.018
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	1.406	1.003
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.405	1.075
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.405	1.457
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	1.404	1.103
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	1.403	1.166
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.402	1.057
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.402	1.056
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.402	1.056
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.402	1.056
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.401	1.055
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1.400	2.625
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	1.398	4.657
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	1.398	4.657
15008	Fish, carp, raw	85.0	3.0 oz	1.392	0.907
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.392	1.065
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	1.390	0.906
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	1.389	0.937
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	1.389	0.930
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	1.385	0.989
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	1.384	1.034
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	1.384	0.980

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
15004	Fish, bass, striped, raw	85.0	3.0 oz	1.384	0.902
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.384	1.055
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.383	1.058
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	1.382	1.187
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	1.381	2.771
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	1.381	2.771
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	1.381	1.082
15045	Fish, lingcod, raw	85.0	3.0 oz	1.379	0.898
15013	Fish, cisco, raw	79.0	1.0 fillet	1.378	0.897
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	1.377	0.897
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	1.376	0.897
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	1.374	0.980
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	1.373	0.985
16091	Peanuts, spanish, raw	146.0	1.0 cup	1.371	4.567
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	1.369	0.892
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	1.368	1.374
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	1.368	0.891
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	1.367	0.967
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	1.367	0.923
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	1.366	0.890
15112	Fish, tilefish, raw	85.0	3.0 oz	1.366	0.890
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	1.366	1.055
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	1.365	0.727
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.364	1.044
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	1.362	1.049
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	1.361	0.622
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	1.361	0.622
16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	1.361	4.676
16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	1.361	4.676
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	1.357	1.015
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	85.0	3.0 oz	1.355	0.972
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	1.355	1.126
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	1.353	1.358

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
01009	Cheese, cheddar	132.0	1.0 cup, diced	1.353	0.722
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	1.352	1.058
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	1.352	1.058
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	1.352	0.927
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.352	0.927
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.352	1.023
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	1.351	0.964
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.347	0.958
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.346	1.030
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	1.346	0.960
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	1.344	1.021
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	1.343	0.817
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	1.343	1.273
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	1.342	1.054
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	1.342	0.875
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	1.340	1.014
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	1.336	1.340
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.335	1.012
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	1.334	1.302
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	1.332	0.980
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	1.331	0.950
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	1.330	1.789
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	1.330	1.789
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	1.329	1.104
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.329	1.000
16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	1.328	4.424
16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	1.328	4.424
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	1.325	1.102
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	1.324	1.226
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	1.324	1.226
15094	Fish, shad, american, raw	85.0	3.0 oz	1.322	0.861
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	1.320	1.004
16095	Peanuts, virginia, raw	146.0	1.0 cup	1.320	4.399
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.318	1.008
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	1.318	1.017

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
16093	Peanuts, valencia, raw	146.0	1.0 cup	1.315	4.381
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.315	0.935
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	1.314	1.128
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	1.312	1.209
17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	1.311	0.936
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	1.309	1.028
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	1.309	1.028
15107	Fish, sucker, white, raw	85.0	3.0 oz	1.308	0.853
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	1.307	0.852
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	1.306	1.028
13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	1.306	0.999
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	1.305	1.176
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	1.304	1.122
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	1.304	1.118
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	1.304	1.118
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.303	1.160
20035	Quinoa, uncooked	170.0	1.0 cup	1.302	1.855
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.301	0.996
17142	Veal, ground, raw	85.0	3.0 oz	1.301	0.929
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	1.301	1.002
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.299	0.978
15059	Fish, pout, ocean, raw	85.0	3.0 oz	1.299	0.847
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.298	1.208
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	1.295	1.299
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	1.294	0.844
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	1.291	0.978
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	1.290	0.841
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	1.289	1.132
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	1.288	1.293
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.287	0.996
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	1.287	0.987
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.285	1.043
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	1.283	0.994
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	1.280	0.834
36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	1.280	1.524

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.279	0.964
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	1.278	1.062
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	1.278	0.833
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.278	0.982
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.277	0.977
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	1.274	0.927
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.274	0.966
15073	Fish, roughy, orange, raw	85.0	3.0 oz	1.266	0.883
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.266	0.904
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	1.265	3.244
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	1.263	0.981
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	1.261	0.989
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	1.261	0.821
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	1.259	0.954
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	1.259	0.670
01109	Milk, sheep, fluid	245.0	1.0 cup	1.257	0.485
15129	Fish, turbot, european, raw	85.0	3.0 oz	1.253	0.816
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	1.251	0.909
21251	BURGER KING, Cheeseburger	133.0	1.0 item	1.250	1.024
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.250	0.988
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	1.249	0.892
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.248	0.945
05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	1.248	0.955
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	1.247	1.380
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	1.247	1.380
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	1.246	0.934
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	1.245	0.954
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	1.245	0.944
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	1.245	2.098
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	1.241	4.135
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	1.240	1.439
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.240	0.925
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	1.238	1.244
15128	Fish, tuna salad	85.0	3.0 oz	1.238	0.822

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	1.238	1.077
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	1.235	1.000
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	1.234	1.501
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	1.232	1.023
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	1.229	1.027
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.229	1.049
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.229	0.967
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	1.229	0.934
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	1.225	0.936
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	1.224	0.951
16008	Beans, baked, canned, with franks	259.0	1.0 cup	1.222	1.106
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	1.222	0.966
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	1.220	0.903
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	1.220	0.903
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	1.220	0.876
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	1.218	1.199
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	1.216	0.934
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	1.215	1.440
16007	Beans, baked, canned, with beef	266.0	1.0 cup	1.202	1.067
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	1.202	1.690
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	1.201	1.694
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	1.196	0.982
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	1.196	0.938
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	1.196	1.078
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	1.196	1.078
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	1.189	1.106
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	1.188	0.960
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	1.187	0.989
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	1.183	1.014
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	1.180	1.458
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	1.180	1.458
17208	Veal, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.180	--
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	1.180	1.184
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	1.178	0.808
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	1.177	0.958

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	1.177	0.916
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	1.176	1.489
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	1.174	0.909
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	1.174	1.217
05150	Goose, liver, raw	94.0	1.0 liver	1.165	0.943
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.164	0.867
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	1.164	0.922
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	1.160	0.840
11212	Edamame, frozen, prepared	155.0	1.0 cup	1.155	1.122
05630	Emu, outside drum, raw	85.0	3.0 oz	1.154	0.883
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	1.152	1.039
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.152	1.039
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	1.150	1.115
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.148	1.050
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.148	1.050
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	1.146	0.895
20008	Buckwheat	170.0	1.0 cup	1.142	1.669
05626	Emu, full rump, raw	85.0	3.0 oz	1.142	0.873
05631	Emu, oyster, raw	85.0	3.0 oz	1.141	0.873
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	1.136	1.479
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.135	1.023
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.135	1.023
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	1.134	0.630
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	1.133	0.861
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	1.132	1.476
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	1.132	0.638
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	1.131	1.806
15054	Fish, monkfish, raw	85.0	3.0 oz	1.130	0.737
05623	Emu, fan fillet, raw	85.0	1.0 serving ( 3 oz )	1.125	0.861
16099	Peanut flour, defatted	60.0	1.0 cup	1.124	3.746
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	1.124	0.867
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	1.123	1.077
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	1.122	0.731
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	1.121	0.991

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.121	0.991
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	1.119	2.385
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	1.119	2.385
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	1.118	0.861
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	1.114	1.316
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	1.114	1.316
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.114	2.857
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	1.114	2.857
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	1.114	1.096
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.113	1.004
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.113	1.004
05625	Emu, flat fillet, raw	85.0	3.0 oz	1.113	0.851
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	1.113	1.725
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	1.112	0.724
05628	Emu, inside drum, raw	85.0	3.0 oz	1.111	0.850
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.110	1.000
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.110	1.000
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	1.108	0.839
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	1.107	0.855
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	1.107	1.443
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	1.107	2.532
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	1.107	2.532
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	1.103	0.993
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	1.103	0.993
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	1.096	1.101
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	1.096	0.857
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	1.094	0.625
20038	Oats	156.0	1.0 cup	1.094	1.860
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.093	1.017
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	1.090	0.710
15103	Fish, spot, raw	64.0	1.0 fillet	1.088	0.709
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	1.088	1.198
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	1.086	1.061
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	1.085	0.836
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	1.083	0.363
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	1.081	0.577

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	1.080	0.836
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	1.079	1.160
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	1.079	1.160
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	1.077	0.845
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	1.075	0.832
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.074	0.841
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	1.074	0.823
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	1.073	0.889
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	1.071	0.819
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	1.069	0.936
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	1.069	0.696
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	1.066	0.839
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	1.061	0.746
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	1.057	1.278
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	1.055	0.562
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.053	0.950
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.053	0.950
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.053	0.950
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	1.051	0.948
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	1.051	0.948
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	1.050	0.684
07005	Blood sausage	100.0	4.0 slices	1.050	0.680
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	1.048	3.973
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	1.048	3.973
15074	Fish, sablefish, raw	85.0	3.0 oz	1.047	0.683
16059	Chili with beans, canned	256.0	1.0 cup	1.047	0.922
16104	Bacon, meatless	144.0	1.0 cup	1.047	1.260
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	1.046	0.463
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	1.046	0.944
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.046	0.944
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	1.041	1.058
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	1.041	1.058
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	1.041	0.802
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	1.040	1.038
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	1.040	0.938
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	1.040	0.938

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.040	0.787
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	1.035	0.785
36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	1.032	0.508
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	1.031	1.007
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	1.029	0.855
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.029	0.734
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	1.024	0.936
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	1.020	0.811
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	1.018	0.564
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1.018	2.610
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	1.018	2.610
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1.018	2.610
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	1.013	0.794
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	1.013	0.794
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	1.012	0.913
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	1.012	0.913
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	1.011	0.765
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	1.008	0.855
20088	Wild rice, raw	160.0	1.0 cup	1.006	1.818
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.997	0.755
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.997	0.755
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.996	0.897
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.992	0.528
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.992	0.721
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.991	0.892
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.990	0.994
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.990	0.994
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.985	0.904
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.983	0.899
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.983	0.899
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	0.982	2.864
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	0.982	2.864
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.981	0.897
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.981	0.897
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.977	0.755

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.977	0.706
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.976	0.881
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	0.976	1.425
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	0.975	3.072
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	0.975	4.875
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.973	1.369
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.973	1.369
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	0.972	3.090
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.971	0.548
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.969	0.691
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.963	0.755
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.963	0.755
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.962	0.982
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.962	0.982
21083	Fast foods, taco salad	198.0	1.5 cup	0.962	0.707
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.962	0.700
10898	Pork, pickled pork hocks	117.0	3.0 oz	0.962	1.677
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.959	0.982
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.959	0.982
16005	Beans, baked, home prepared	253.0	1.0 cup	0.959	0.901
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	0.958	5.289
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.956	0.816
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.955	1.028
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.951	0.461
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	0.949	2.433
12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	0.949	2.433
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.949	1.011
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.949	1.011
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.948	0.622
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.948	0.724
07052	Pastrami, turkey	57.0	2.0 slices	0.947	0.735
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.947	0.925
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.946	0.755
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.946	0.755
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.945	0.933
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	160.0	1.0 cup	0.944	1.006

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
07059	Polish sausage, pork	85.0	3.0 oz	0.944	0.786
22911	Chili, no beans, canned entree	240.0	1.0 cup	0.943	0.974
12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	0.942	3.867
12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	0.942	3.867
12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	0.942	3.867
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.942	0.316
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.941	0.963
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.941	0.963
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.940	0.892
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.940	0.735
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.937	0.373
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.933	0.497
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.933	0.497
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.932	0.611
07024	Frankfurter, chicken	85.0	3.0 oz	0.931	0.758
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.925	0.972
12084	Nuts, butternuts, dried	120.0	1.0 cup	0.924	5.834
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.917	0.718
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.913	0.825
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.912	0.614
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.910	0.704
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	0.904	1.176
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.903	0.748
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.902	0.659
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.902	0.676
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.900	0.884
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.900	0.884
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.898	0.831
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.897	0.703
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.897	0.809
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.896	0.438
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.896	1.293
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.894	0.915

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.894	0.915
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.893	0.647
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.893	0.647
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	0.891	4.522
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.887	1.951
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.887	1.951
19352	Syrups, malt	332.0	1.0 cup	0.886	0.940
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.885	0.613
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	0.885	1.153
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.883	0.685
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	0.877	3.600
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.876	0.803
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.875	0.628
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.875	0.657
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.874	0.292
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.869	0.714
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	0.867	0.997
20131	Barley malt flour	162.0	1.0 cup	0.867	1.354
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.866	0.675
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.865	1.342
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	0.863	1.125
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.861	0.661
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.860	0.393
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.860	0.393
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.857	0.621
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.857	0.773
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.857	0.773
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.856	0.639
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.856	0.639
20004	Barley, hulled	184.0	1.0 cup	0.856	1.150
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.855	0.557
07939	Frankfurter, pork	76.0	1.0 link	0.853	0.619
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.853	2.187
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.853	2.187
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.850	0.617

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	0.850	1.108
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.847	0.728
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.845	0.955
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.845	0.551
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.845	0.667
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.843	0.700
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.843	0.837
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.840	0.287
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.839	--
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.836	0.691
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.834	0.543
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.834	0.673
01038	Cheese, romano	28.35	1.0 oz	0.834	0.332
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.833	0.644
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.832	0.636
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.831	0.836
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.831	0.853
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.830	0.635
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.829	0.634
11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.828	0.805
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.828	0.650
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.827	0.541
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.826	1.193
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.826	1.193
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.826	0.510
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.826	0.632
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.825	0.677
11656	Corn pudding, home prepared	250.0	1.0 cup	0.825	0.530
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.824	0.629
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.824	0.520
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.823	0.833
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.823	0.630

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.822	0.574
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.820	0.627
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	0.819	3.787
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.816	0.373
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.816	0.657
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.814	0.625
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.814	0.603
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	0.813	1.416
12061	Nuts, almonds	143.0	1.0 cup, whole	0.812	3.525
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.812	0.529
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.811	0.540
22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.810	0.495
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.809	0.531
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.808	0.588
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.805	0.626
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.804	0.566
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.802	0.698
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.801	0.269
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.799	0.739
01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.798	0.364
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.798	0.665
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.796	0.680
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.796	0.680
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.795	0.728
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.795	0.608
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.794	1.118
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.794	1.118
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.794	0.608
35147	Tamales (Navajo)	186.0	1.0 piece	0.794	0.727
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.794	0.588
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.794	0.607
10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.793	0.569
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.790	0.801

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.790	0.801
19041	Snacks, pork skins, plain	28.35	1.0 oz	0.789	1.372
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.789	0.613
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.786	0.603
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	0.784	1.632
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.781	0.641
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.780	0.882
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.778	0.595
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.778	0.597
12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	0.777	3.373
12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	0.777	3.373
20071	Wheat, hard red spring	192.0	1.0 cup	0.776	1.348
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.775	0.655
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.774	0.628
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	0.774	1.295
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.772	2.280
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.772	2.280
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.772	0.352
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.770	0.787
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.770	0.352
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.770	1.560
01023	Cheese, gruyere	28.35	1.0 oz	0.768	0.276
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.768	1.122
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.768	0.587
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.768	0.349
20060	Rice bran, crude	118.0	1.0 cup	0.767	1.248
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.767	0.591
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.765	0.775
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.765	0.775
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	0.765	1.289
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.764	0.786
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.764	0.786

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.763	0.583
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.762	0.675
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.760	0.613
23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.760	0.632
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.760	0.581
11658	Spinach souffle	136.0	1.0 cup	0.759	0.498
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.757	0.579
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.757	0.582
01018	Cheese, edam	28.35	1.0 oz	0.754	0.273
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.754	0.607
01022	Cheese, gouda	28.35	1.0 oz	0.752	0.273
16079	Mothbeans, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.752	--
16379	Mothbeans, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.752	--
15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.752	0.490
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.751	0.252
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.751	0.252
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.750	0.670
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.749	0.966
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.749	0.758
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.748	0.574
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.748	0.591
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	0.747	2.802
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.746	0.257
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.746	0.257
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.744	0.779
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.743	0.632
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.741	0.248
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.741	0.248
01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.741	0.248
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.740	0.609
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.740	0.468
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.739	0.566

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.739	0.526
20005	Barley, pearled, raw	200.0	1.0 cup	0.738	0.992
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.738	0.571
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.736	0.581
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.734	0.594
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.733	0.516
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.730	0.692
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.729	3.258
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.728	0.490
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.728	0.548
16100	Peanut flour, low fat	60.0	1.0 cup	0.728	2.425
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.727	0.678
20142	Teff, uncooked	193.0	1.0 cup	0.726	0.998
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.725	0.944
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.723	0.661
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.721	0.564
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.720	0.568
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.718	0.935
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.717	1.909
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.716	0.583
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.716	0.548
20033	Oat bran, raw	94.0	1.0 cup	0.714	1.202
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.713	0.810
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.712	0.545
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	41.0	1.0 medallion	0.712	0.544
20140	Spelt, uncooked	174.0	1.0 cup	0.712	1.195
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.711	0.776
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.711	0.776
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.709	0.553
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.709	0.542
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.709	0.543

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.709	0.542
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.707	0.475
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.707	0.657
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.707	0.541
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.706	1.880
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.706	0.571
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.706	0.571
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.705	0.540
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.705	0.714
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.705	0.540
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.704	0.569
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.703	0.731
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.703	0.538
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.702	0.537
20069	Triticale	192.0	1.0 cup	0.701	1.288
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.700	0.309
06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.699	0.707
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.699	0.535
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.699	0.295
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	0.696	3.219
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	0.696	3.219
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.696	0.533
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.696	0.703
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.696	0.532
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.695	0.532
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.694	0.515
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.694	0.515
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.693	0.316
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.693	0.316

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	40.0	1.0 medallion	0.693	0.530
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.693	0.451
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.691	0.520
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.691	0.235
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.691	0.235
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.690	0.594
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.688	0.234
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.688	0.234
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.686	0.581
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.685	0.402
07019	Chorizo, pork and beef	28.35	1.0 oz	0.684	0.480
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.684	0.719
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.683	0.278
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.682	0.690
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.682	0.690
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.682	0.522
13350	Beef, cured, dried	28.0	10.0 slices	0.680	0.521
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.680	0.525
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.679	0.231
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.679	0.233
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.678	0.519
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.677	0.685
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.676	0.309
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.676	0.309
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.674	0.879
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.674	0.484
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.673	0.229
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.671	0.513
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.670	0.437
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.670	0.429
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.668	0.512
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.668	0.305

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
36613	DENNY'S, macaroni & cheese, from kid's menu	180.0	1.0 serving	0.668	0.445
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.666	0.224
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.666	0.599
25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.666	0.415
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.666	0.224
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.666	0.536
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.665	0.675
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.663	0.222
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.662	0.228
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.662	0.664
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.662	0.601
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.661	0.506
11413	Potato flour	160.0	1.0 cup	0.661	0.598
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.660	0.505
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.660	0.471
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.660	0.532
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.659	0.856
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.659	0.225
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.657	0.428
07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.654	0.520
01057	Eggnog	254.0	1.0 cup	0.653	0.485
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.652	2.846
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.651	0.525
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.650	0.536
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.649	0.401
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.648	0.632
06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.648	0.295
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.644	0.295
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.644	0.220
01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.644	0.295
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.644	0.220
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.644	0.396
20072	Wheat, hard red winter	192.0	1.0 cup	0.643	1.142
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.642	0.292

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.642	0.482
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.640	0.417
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.639	0.583
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.638	0.290
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.637	0.336
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.636	0.499
07911	Liverwurst spread	55.0	0.25 cup	0.635	0.447
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.635	0.493
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.634	0.290
17150	Game meat, beaver, raw	28.35	1.0 oz	0.634	0.419
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.631	0.480
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.628	0.653
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.626	0.532
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.626	0.466
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.625	0.212
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.624	0.505
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.624	0.518
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.622	0.263
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.622	0.469
01156	Cheese, goat, hard type	28.35	1.0 oz	0.621	0.256
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.618	0.465
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.617	0.260
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.616	0.354
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.615	0.401
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.615	0.422
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.614	0.800
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.613	0.409
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.612	0.665
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.611	0.452
07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.610	0.509
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.609	0.397
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.608	0.432
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.608	0.278
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.607	0.204
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.607	0.204
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.606	0.570

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.605	0.442
17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.604	0.535
17166	Game meat, elk, raw	28.35	1.0 oz	0.604	0.447
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.604	0.393
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.603	0.532
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.602	1.269
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.601	0.423
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.601	0.415
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.600	0.273
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.598	0.403
12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.596	0.591
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.596	2.503
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.596	0.505
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.596	0.651
01008	Cheese, caraway	28.35	1.0 oz	0.594	0.270
22916	Lasagna with meat & sauce, frozen entree	134.0	1.0 piece side	0.592	0.399
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.589	0.474
01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.588	0.198
01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.588	0.198
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.586	0.481
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.586	0.444
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.586	0.446
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.585	0.475
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.583	0.505
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.582	0.902
20076	Wheat, durum	192.0	1.0 cup	0.582	0.927
17162	Game meat, caribou, raw	28.35	1.0 oz	0.581	0.382
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.580	0.762
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.579	0.467
20130	Barley flour or meal	148.0	1.0 cup	0.579	0.778
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.578	--
01041	Cheese, tilsit	28.35	1.0 oz	0.578	0.241
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.577	0.756
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.577	0.469
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.575	0.262
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.575	0.408

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
01113	Whey, acid, dried	57.0	1.0 cup	0.575	0.186
17172	Game meat, moose, raw	28.35	1.0 oz	0.572	0.408
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.570	0.568
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.570	0.568
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.570	0.431
17164	Game meat, deer, raw	28.35	1.0 oz	0.569	0.469
06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.568	0.258
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.565	0.736
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.561	0.452
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.561	0.452
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.561	1.114
16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.560	0.869
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.559	0.397
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.554	0.424
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.553	0.233
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.552	0.392
01010	Cheese, cheshire	28.35	1.0 oz	0.551	0.250
21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.551	0.414
21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.550	0.251
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.548	0.470
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.548	0.419
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.548	0.451
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.547	0.713
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.546	0.514
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.543	0.416
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.543	1.081
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.541	0.414
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.541	0.374
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.541	0.382
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.541	0.414
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.540	0.413
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.538	0.248
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.537	0.542
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.537	0.542

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.535	0.409
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.535	0.409
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.535	0.918
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.534	0.408
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.533	0.408
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.533	0.312
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.532	0.407
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.532	0.407
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.531	0.407
23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.531	0.442
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.531	0.452
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.531	0.404
17144	Game meat, antelope, raw	28.35	1.0 oz	0.530	0.418
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.530	0.406
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.530	0.406
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.530	0.535
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.530	0.405
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.530	0.405
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.529	0.405
20073	Wheat, soft red winter	168.0	1.0 cup	0.529	0.877
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.529	0.177
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.528	0.404
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.528	0.404
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.528	0.355
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.527	0.378
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.526	0.354
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.526	0.403
07926	Salami, Italian, pork	28.0	1.0 oz	0.526	0.384
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.526	0.402
01004	Cheese, blue	28.35	1.0 oz	0.525	0.202
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.525	0.402
01006	Cheese, brie	28.35	1.0 oz	0.525	0.208
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.524	0.398
01039	Cheese, roquefort	28.35	1.0 oz	0.524	0.202

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.524	0.374
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.524	0.666
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.522	0.352
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.522	0.375
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.522	0.361
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.522	0.351
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.521	0.458
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.520	0.398
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.520	0.400
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.520	0.397
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.520	0.398
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.519	0.350
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.517	0.523
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.517	0.348
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.517	0.395
17170	Game meat, horse, raw	28.35	1.0 oz	0.517	0.397
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.516	0.688
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.515	0.366
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.515	0.394
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.515	0.346
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.515	0.346
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.514	0.391
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.514	0.393
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.514	0.346
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.513	0.390
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.513	0.344
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.512	0.344
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.512	0.344

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.511	0.344
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.511	0.370
07921	Bacon and beef sticks	28.0	1.0 oz	0.511	0.424
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.511	0.424
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.510	0.390
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.509	0.331
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.508	0.389
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.508	0.342
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.508	0.331
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.507	0.341
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.506	0.518
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	28.35	1.0 oz	0.506	0.340
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.506	0.660
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.506	0.645
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.504	0.658
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.504	0.328
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.503	0.490
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.502	0.677
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.502	0.677
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.501	0.359
01007	Cheese, camembert	28.35	1.0 oz	0.501	0.199
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.501	0.337
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.500	0.337
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.498	0.344
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.498	0.351
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.498	0.335
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.497	0.355
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.497	0.689
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.496	0.380
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.496	2.665
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.496	0.379

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.495	0.497
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.493	0.444
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.490	0.350
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.490	0.816
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.489	0.329
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.489	0.371
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.488	0.371
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.486	0.347
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.486	0.347
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.485	0.316
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.485	0.368
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.485	0.365
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.485	0.326
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.485	0.368
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.485	0.371
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.485	0.632
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.484	0.364
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.484	0.325
20062	Rye grain	169.0	1.0 cup	0.483	0.767
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.483	2.543
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.483	0.325
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.481	0.314
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.481	0.224
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.481	0.339
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.481	0.213
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.480	0.323
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.480	0.372
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.480	0.881
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.478	0.321
17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.478	0.363
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.477	1.099
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.477	1.099

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.477	0.322
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.477	0.343
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.477	0.587
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.476	0.310
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.476	0.310
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.475	0.320
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.475	0.361
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.475	0.385
20012	Bulgur, dry	140.0	1.0 cup	0.475	0.805
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.473	0.338
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.473	0.319
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.473	0.319
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.473	0.360
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.472	0.317
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.472	0.337
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.472	0.397
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.472	0.337
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.471	0.420
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.471	0.349
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.470	0.289
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.470	0.289
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.470	0.307
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.470	0.360
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.470	1.084
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.470	1.084
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.470	0.337
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.469	0.316
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.469	0.501
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.468	0.392
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.468	0.334
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.468	0.305
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.467	0.373
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.467	0.333

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.466	0.356
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.466	0.355
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.466	1.074
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.466	1.074
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.466	0.354
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.466	0.313
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.466	0.353
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.465	0.457
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.465	0.313
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.465	0.375
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.464	0.719
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.464	0.352
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.464	0.355
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.463	0.220
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.463	0.354
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.463	0.354
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.463	0.328
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.462	0.311
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.462	0.351
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.462	0.330
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.462	0.217
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.462	0.282
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.461	0.396
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.461	0.382
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.461	0.349
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.461	0.581
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.460	0.600
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.460	0.300
11304	Peas, green, raw	145.0	1.0 cup	0.460	0.621
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.459	0.349
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.459	0.308
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.457	0.350

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.457	0.550
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.457	0.550
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.457	0.618
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.457	0.307
17160	Game meat, buffalo, water, raw	28.35	1.0 oz	0.456	0.362
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.456	0.595
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.456	0.410
11432	Radishes, oriental, dried	116.0	1.0 cup	0.456	0.529
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.456	2.108
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.455	1.051
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.455	0.408
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.454	0.408
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.453	0.337
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.452	0.322
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.452	0.323
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.452	0.304
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.451	0.333
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.450	0.322
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.450	0.321
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.450	0.344
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.449	0.302
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.449	0.341
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.449	0.438
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.448	0.302
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.447	0.320
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.447	0.342
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.447	0.300
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.446	0.456
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.446	0.528
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.446	0.338

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.445	0.318
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.445	0.434
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.443	0.322
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.443	1.819
20137	Quinoa, cooked	185.0	1.0 cup	0.442	0.629
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.441	0.314
20314	Corn grain, white	166.0	1.0 cup	0.440	0.780
20014	Corn grain, yellow	166.0	1.0 cup	0.440	0.780
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.440	0.420
20067	Sorghum grain	192.0	1.0 cup	0.440	0.682
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.439	0.318
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	144.0	1.0 cup	0.439	0.259
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.439	0.295
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.439	0.181
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.438	0.364
20090	Rice flour, brown	158.0	1.0 cup	0.436	0.866
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.435	0.314
17168	Goat, raw	28.35	1.0 oz	0.434	0.429
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.434	0.330
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.434	0.311
20063	Rye flour, dark	128.0	1.0 cup	0.433	0.978
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.432	0.290
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.432	0.231
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.431	1.105
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.431	0.290
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.431	0.778
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.430	0.431
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.430	0.289
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.430	0.289
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.430	0.297
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.430	0.614
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.430	0.289

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.430	0.289
01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.430	0.380
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.430	0.147
01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.430	0.147
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.429	0.325
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.428	0.427
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.428	0.427
36017	Restaurant, family style, macaroni & cheese, from kids' menu	136.0	1.0 cup	0.428	0.318
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.428	0.325
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.428	0.346
11414	Potato salad, home-prepared	250.0	1.0 cup	0.428	0.380
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.427	0.362
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.427	0.287
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.427	0.287
15014	Fish, cisco, smoked	28.35	1.0 oz	0.426	0.278
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.426	0.287
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.424	0.220
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.424	0.285
20031	Millet, raw	200.0	1.0 cup	0.424	0.764
20028	Couscous, dry	173.0	1.0 cup	0.424	0.813
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.423	0.284
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.422	0.313
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.420	0.283
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	0.420	0.743
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.420	0.369
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.419	0.302
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.419	0.282
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.418	0.281
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.416	0.280
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.416	0.316
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.416	0.447

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.415	0.279
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.415	0.287
17224	Lamb, ground, raw	28.35	1.0 oz	0.414	0.279
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.413	0.534
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.413	0.314
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.413	0.320
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.413	0.277
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.411	0.554
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.410	0.311
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.410	--
11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.410	0.389
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.409	0.211
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.409	0.318
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.409	0.552
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.409	0.275
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.409	0.368
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.408	0.181
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.408	0.273
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.408	0.785
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.408	0.292
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.408	0.309
20066	Semolina, enriched	167.0	1.0 cup	0.406	0.780
20466	Semolina, unenriched	167.0	1.0 cup	0.406	0.780
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.405	0.308
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.405	0.329
07070	Salami, cooked, turkey	28.0	1.0 serving	0.404	0.299
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.403	0.226
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.403	0.269
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.403	0.269
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.402	0.221
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.401	0.304
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.400	0.517
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.399	0.505

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.398	1.204
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.398	1.204
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.397	0.267
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.397	2.148
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.397	0.392
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.396	0.303
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.396	0.181
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.395	0.300
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.395	0.300
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.394	0.206
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.394	0.301
15109	Fish, surimi	28.35	1.0 oz	0.393	0.286
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.393	0.392
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.392	0.345
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.392	0.750
07026	Ham, chopped, canned	28.35	1.0 oz	0.391	0.283
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.391	0.697
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.391	0.697
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.390	0.430
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.390	0.435
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.390	0.296
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.390	0.296
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.388	--
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.387	0.717
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.387	0.206
07030	Ham, minced	28.35	1.0 oz	0.387	0.290
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.386	0.265
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.386	0.319
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.386	0.434
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.385	0.293
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.384	0.210
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.384	0.169
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.384	--
17216	Veal, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.384	--
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.384	0.258
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.384	0.291

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.383	1.365
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.382	0.282
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.381	0.289
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.380	0.291
06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.380	0.163
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.380	0.334
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.378	0.287
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.378	0.276
10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.378	0.285
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.378	0.308
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.377	0.332
01159	Cheese, goat, soft type	28.35	1.0 oz	0.377	0.156
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.376	0.225
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.376	0.444
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.376	0.251
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.376	0.251
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.376	0.223
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.375	0.291
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.375	0.301
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.374	0.483
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.374	0.276
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.373	0.166
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.372	0.218
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.372	0.217
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.372	0.284
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.372	0.283
07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.372	0.352
11215	Garlic, raw	136.0	1.0 cup	0.371	0.862
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.369	--
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.368	0.340
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.367	0.229
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.367	0.733
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.367	1.695
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.366	0.322
05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.366	0.335

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.365	0.652
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.364	0.348
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.364	0.290
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.363	0.436
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.363	0.244
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.363	0.249
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.363	0.303
01069	Cream substitute, powdered	94.0	1.0 cup	0.362	0.179
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.361	0.470
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.360	0.408
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.360	0.254
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.360	0.443
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.359	0.338
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.358	0.285
07050	Mortadella, beef, pork	28.35	1.0 oz	0.358	0.291
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.358	0.159
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.358	0.344
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.356	0.310
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.356	0.190
03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.355	0.365
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.354	0.209
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.354	0.250
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.353	0.345
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.353	0.344
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.353	0.156
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.353	0.305
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.352	0.455
17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.352	0.305
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.352	0.521
07025	Frankfurter, turkey	28.35	1.0 oz	0.351	0.264
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.350	0.253
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.349	0.258
07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.349	0.289
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.349	0.357
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.348	0.188
20077	Wheat bran, crude	58.0	1.0 cup	0.348	0.630

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.348	0.276
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.346	0.512
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.345	0.262
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165.0	1.0 cup	0.345	0.366
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	165.0	1.0 cup	0.345	0.366
01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.344	0.168
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.343	0.182
17207	Veal, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.342	--
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.342	0.248
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.340	0.258
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.339	0.172
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.338	0.228
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.337	0.281
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.337	0.255
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.336	0.239
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.336	0.205
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.336	0.287
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.335	0.309
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.335	0.311
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.335	0.304
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.334	0.249
07061	Mother's loaf, pork	28.35	1.0 oz	0.334	0.258
07040	Liver cheese, pork	28.35	1.0 oz	0.334	0.235
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.334	0.187
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.333	1.092
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.333	0.257
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.333	0.260
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.332	0.337
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.332	0.169
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.331	0.324
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.330	0.322
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.330	0.253
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.330	0.307
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.329	0.410
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.329	0.327
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.329	0.238

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.328	0.269
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.328	0.254
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.328	0.302
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.328	0.302
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.328	0.367
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.327	0.815
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.327	0.151
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.326	0.395
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.326	0.308
13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.326	0.269
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.326	0.287
13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.325	0.278
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.325	0.247
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.324	0.441
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.324	0.383
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.323	0.303
17209	Lamb, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.323	0.301
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.323	0.395
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.322	0.477
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.322	0.147
16129	Tofu, fried	28.35	1.0 oz	0.321	0.324
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.320	0.312
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.319	0.754
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.319	0.257
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.318	0.454
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.318	0.454
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.318	0.172
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.318	0.169
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.317	0.225
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.317	1.299
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.317	1.299
20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.316	0.570
20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.316	0.570
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.316	0.414

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.316	0.391
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.316	0.229
16107	Sausage, meatless	25.0	1.0 link	0.316	0.380
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.315	0.293
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.315	0.404
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.315	0.290
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.315	0.288
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.314	0.228
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.314	0.418
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.314	0.418
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.314	0.171
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.314	0.820
07007	Bologna, beef	30.0	1.0 slice	0.314	0.223
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.313	0.168
09175	Mammy-apple, (mamey), raw	846.0	1.0 fruit without refuse	0.313	--
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.313	1.283
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.312	0.324
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.309	0.558
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.309	0.163
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.309	0.174
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.309	0.174
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.308	0.234
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.307	0.136
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.307	0.218
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.306	0.285
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.306	1.017
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.305	0.287
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.305	0.287
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.304	0.138
07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.303	0.282
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.303	0.326
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.302	0.234
11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.302	0.278
11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.302	0.278

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.302	0.176
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.301	0.228
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.301	0.228
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.301	0.575
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.301	0.575
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.300	0.275
07068	Salami, cooked, beef	26.0	1.0 slice	0.300	0.242
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.298	0.528
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.297	0.275
09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.297	0.200
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.296	0.137
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.294	0.133
15012	Fish, caviar, black and red, granular	16.0	1.0 tbspc	0.293	0.254
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.293	0.268
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.293	0.260
19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.292	0.136
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.291	0.208
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.291	0.193
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.290	0.257
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.290	0.210
17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.289	0.257
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.289	0.420
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.288	0.133
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.287	0.596
13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.287	0.228
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.287	0.296
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.287	0.296
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.287	0.337
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.286	0.322
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.285	0.234
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.285	0.521
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.285	0.521
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.285	0.521
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.285	0.521
20034	Oat bran, cooked	219.0	1.0 cup	0.285	0.480
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.284	0.504

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.284	0.504
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.284	0.217
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.284	0.353
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.283	0.129
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.282	0.124
07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.282	0.254
11191	Cowpeas (blackeyes), immature seeds, raw	145.0	1.0 cup	0.281	0.300
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.280	0.128
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.280	0.185
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.280	1.294
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.279	0.211
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.279	0.176
20089	Wild rice, cooked	164.0	1.0 cup	0.279	0.505
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.278	0.494
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.278	0.494
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.277	0.174
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.277	0.464
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.275	0.138
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.275	0.608
20143	Teff, cooked	252.0	1.0 cup	0.275	0.381
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.274	0.242
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.274	0.526
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.274	0.499
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.274	0.260
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.272	0.224
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.272	0.224
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.271	0.431
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.271	0.431
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.270	0.112
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.269	0.325
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.268	0.335
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.268	0.441
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 cup	0.267	0.441
11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.267	0.168
01124	Egg, white, raw, fresh	33.0	1.0 large	0.266	0.214

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.266	0.253
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.265	0.144
20087	Wheat, sprouted	108.0	1.0 cup	0.265	0.459
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.265	0.376
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.265	0.376
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.264	0.246
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.263	0.317
12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.263	0.602
16087	Peanuts, all types, raw	28.35	1.0 oz	0.263	0.875
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.262	0.295
11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.262	0.198
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.261	0.198
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.261	0.142
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.261	0.250
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.260	0.227
19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.260	0.295
16130	Okara	122.0	1.0 cup	0.259	0.261
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.258	0.302
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.258	0.217
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155.0	1.0 cup	0.257	0.338
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	155.0	1.0 cup	0.257	0.338
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.256	0.378
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.255	0.195
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.255	0.118
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.255	0.240
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.255	0.148
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.255	0.148
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.252	0.208
06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.252	0.280
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.252	0.208
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.252	0.248
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.252	0.248
07971	Bologna, meat and poultry	33.0	1.0 slice	0.251	0.221
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.251	0.278
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.251	0.284
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.250	0.428

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.250	0.428
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.250	0.428
01031	Cheese, neufchatel	28.35	1.0 oz	0.248	0.103
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.247	0.235
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.246	0.192
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.246	0.212
11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.244	0.242
20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.244	0.361
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.244	0.202
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.244	0.175
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.243	0.465
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.243	0.465
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.242	0.902
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.242	0.463
20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.242	0.344
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.242	0.326
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.242	0.326
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.241	0.803
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.240	0.187
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.240	0.110
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.240	0.325
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.240	0.258
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.240	0.258
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.240	0.109
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.238	0.179
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.238	0.337
07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.237	0.186
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.237	0.459
05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.237	0.295
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.236	0.433
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.235	0.202
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	124.0	1.0 cup	0.234	0.260
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.233	0.169
11683	Carrot, dehydrated	74.0	1.0 cup	0.233	0.250
36610	DENNY'S, french fries	165.0	1.0 serving	0.233	0.300

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.232	0.211
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.232	0.092
11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.232	0.312
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.232	0.105
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.231	0.217
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.231	0.180
01021	Cheese, gjetost	28.35	1.0 oz	0.231	0.094
07960	Bologna, chicken, pork	28.0	1.0 serving	0.231	0.188
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.230	0.206
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.229	0.219
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.229	0.219
36031	DENNY'S, onion rings	166.0	1.0 serving	0.229	0.392
10096	Pork, fresh, variety meats and by-products, brain, raw	28.35	1.0 oz	0.229	0.153
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.228	0.404
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.228	0.404
11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.228	0.324
07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.227	0.163
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.226	0.457
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.226	0.409
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.225	0.431
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.225	0.431
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.225	0.216
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.224	0.318
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.223	0.207
11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.223	0.301
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.223	0.628
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.223	0.158
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.222	0.159
01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.222	0.196
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.222	0.194
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.222	0.841
07033	Ham and cheese spread	15.0	1.0 tbsp	0.221	0.134
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.221	0.205
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.221	0.205
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.221	0.178

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.221	0.178
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.220	0.391
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.220	0.735
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.220	0.297
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.220	0.228
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.220	0.157
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.219	0.107
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.219	0.307
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.219	0.307
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.219	0.307
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.219	0.307
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.219	0.167
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.219	0.168
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.219	0.122
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.218	0.886
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.218	0.886
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.218	0.208
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.218	0.208
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.218	0.208
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.218	0.208
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.217	0.362
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.217	0.106
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.217	0.195
20064	Rye flour, medium	102.0	1.0 cup	0.216	0.479
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.215	0.168
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.215	0.875
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.215	0.874
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.215	0.874
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.215	0.166
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.215	0.098
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.214	0.172
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.214	0.206
20065	Rye flour, light	102.0	1.0 cup	0.214	0.388
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.214	0.206
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.214	0.206

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.214	0.206
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.213	0.175
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.212	0.159
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.212	0.255
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.212	0.222
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.211	0.203
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.211	0.399
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.210	0.654
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.210	0.202
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.210	0.202
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.210	0.202
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.210	0.174
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.208	0.235
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.208	0.146
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.208	0.176
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.207	0.251
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.207	0.187
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.206	0.095
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.205	0.135
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.203	0.176
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.202	0.146
16055	Carob flour	103.0	1.0 cup	0.202	0.134
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.201	0.171
22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.201	0.155
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.201	0.748
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.201	0.118
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.201	0.262
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.200	0.396
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.199	0.210
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.199	0.247
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.199	0.190
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.198	0.132
11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.198	0.131
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.197	0.193
03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.197	0.144
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.197	0.151

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.197	0.201
21249	BURGER KING, french fries	74.0	1.0 small serving	0.196	0.135
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.196	0.145
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.194	0.235
11879	Taro, leaves, cooked, steamed, with salt	145.0	1.0 cup	0.194	0.174
11521	Taro leaves, cooked, steamed, without salt	145.0	1.0 cup	0.194	0.174
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.193	0.252
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.193	0.596
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.192	0.173
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.192	0.173
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.192	0.182
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.192	0.129
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.192	0.077
11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.192	0.205
11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.192	0.205
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.191	0.087
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.191	0.231
06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.190	0.145
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.190	0.157
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.190	0.158
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.189	0.182
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.189	0.182
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.189	0.182
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.189	0.182
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.189	0.199
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.189	0.235
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.189	0.147
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.188	0.214
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.186	0.269
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.186	0.147
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.185	0.262
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.184	0.154
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.184	0.133
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.183	0.198

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.183	0.198
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.182	0.144
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.181	0.160
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.181	0.103
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.181	0.219
11148	Chard, swiss, cooked, boiled, drained, without salt	175.0	1.0 cup, chopped	0.180	0.213
11765	Chard, swiss, cooked, boiled, drained, with salt	175.0	1.0 cup, chopped	0.180	0.213
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.180	0.224
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.179	0.224
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.179	0.172
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.178	0.174
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.178	0.129
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.178	0.136
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.177	0.141
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.177	0.175
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.177	0.175
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.176	0.204
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.176	0.148
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.175	0.111
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.174	0.188
20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.174	0.404
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.173	0.117
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.173	0.195
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.173	0.205
11899	Yardlong bean, cooked, boiled, drained, with salt	104.0	1.0 cup slices	0.173	0.184
11200	Yardlong bean, cooked, boiled, drained, without salt	104.0	1.0 cup slices	0.173	0.184
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.172	0.185
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.172	0.158
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.172	0.341
03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.172	0.144
20647	Millet flour	119.0	1.0 cup	0.171	0.440
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.171	0.187
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.170	0.346
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.170	0.634

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.170	0.082
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.170	0.078
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.170	0.078
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.170	0.291
01070	Dessert topping, powdered	43.0	1.5 oz	0.169	0.083
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.168	0.140
11199	Yardlong bean, raw	91.0	1.0 cup slices	0.167	0.178
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.167	0.162
01114	Whey, sweet, fluid	246.0	1.0 cup	0.167	0.062
09322	Tamarinds, raw	120.0	1.0 cup, pulp	0.167	--
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.166	0.112
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.166	0.237
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.165	0.145
11272	Mustard greens, frozen, unprepared	146.0	1.0 cup, chopped	0.165	0.264
20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.165	0.262
20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.165	0.262
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.165	0.375
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.165	0.375
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.165	0.375
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.165	0.375
11100	Brussels sprouts, frozen, unprepared	95.0	0.33 package (10 oz)	0.163	0.216
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.163	0.073
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.163	0.083
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.163	0.228
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.163	0.228
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.163	0.123
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.162	0.810
20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.162	0.258
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.162	0.810
20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.162	0.258
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.162	0.176
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.162	0.140
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.161	0.145
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.161	0.122
11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.161	0.165

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.160	0.139
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.160	0.368
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.160	0.368
01112	Whey, acid, fluid	246.0	1.0 cup	0.160	0.052
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.159	0.157
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.159	0.226
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.159	0.113
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.158	0.366
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.158	0.148
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.158	0.148
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.157	0.123
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.157	0.113
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.157	0.105
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.156	0.173
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.156	0.282
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.156	0.247
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.155	0.193
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.155	0.117
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.155	0.140
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.155	0.140
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.155	0.176
20013	Bulgur, cooked	182.0	1.0 cup	0.155	0.262
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.155	0.176
19147	Candies, peanut bar	28.35	1.0 oz	0.155	0.515
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	150.0	1.0 cup, chopped or diced	0.154	0.249
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	150.0	1.0 cup, chopped	0.154	0.249
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.154	0.713
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.154	0.713
20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.153	0.354
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.153	0.354
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.153	0.354
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.153	0.354
11616	Dock, raw	133.0	1.0 cup, chopped	0.153	0.144
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.153	0.181
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.153	0.181
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.152	0.081

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.152	0.070
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.152	0.146
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.152	0.305
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.152	0.197
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.151	0.496
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.151	0.146
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.151	0.299
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.151	0.162
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0 cracker 1 cracker = 6.5g	0.151	0.114
11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.151	0.171
11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.151	0.171
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.150	0.212
09021	Apricots, raw	155.0	1.0 cup, halves	0.150	0.070
12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.150	0.320
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.150	0.136
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.150	0.187
19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.150	0.072
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.149	0.139
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.149	0.079
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.148	0.138
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.148	0.138
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.148	0.121
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.148	0.139
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.148	0.141
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.148	0.141
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.147	0.196
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.147	0.145
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.147	0.145
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.147	0.136
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.147	0.136
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.147	0.131
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.146	0.151
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.146	0.218
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.145	0.077
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.145	0.109
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.145	0.279

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.144	0.137
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.144	0.137
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.144	0.148
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.144	0.148
12059	Nuts, acorns, dried	28.35	1.0 oz	0.143	0.177
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.143	0.291
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.143	0.107
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.143	0.107
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.143	0.136
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.142	0.247
03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.142	0.158
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.141	0.110
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.141	0.165
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.141	0.134
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.141	0.100
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.140	0.285
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.140	0.187
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.140	0.142
11011	Asparagus, raw	134.0	1.0 cup	0.139	0.122
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.139	0.151
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	35.0	1.0 bar	0.139	0.274
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.139	0.218
09298	Raisins, seedless	165.0	1.0 cup, packed	0.139	0.681
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.138	0.194
09321	Sugar-apples, (sweetsop), raw	250.0	1.0 cup, pulp	0.138	--
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.137	0.106
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.136	0.384
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.136	0.384
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.136	0.104
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.136	0.104
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.136	0.236
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.136	0.105

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.136	0.260
11098	Brussels sprouts, raw	88.0	1.0 cup	0.136	0.179
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.135	0.109
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.135	0.117
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.135	0.180
09315	Soursop, raw	225.0	1.0 cup, pulp	0.135	--
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.135	0.091
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.134	0.122
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.133	0.166
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.133	0.145
11961	Hearts of palm, canned	146.0	1.0 cup	0.133	0.260
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.133	0.164
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.132	0.126
20006	Barley, pearled, cooked	157.0	1.0 cup	0.132	0.177
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.132	0.238
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.132	0.073
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.131	0.197
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.131	0.101
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.131	0.081
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.131	0.398
09094	Figs, dried, uncooked	149.0	1.0 cup	0.131	0.115
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.130	0.155
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.130	0.194
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.130	0.194
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.130	0.404
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.129	0.252
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.129	0.098
11124	Carrots, raw	128.0	1.0 cup chopped	0.129	0.116
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.129	0.080
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.129	0.199
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.129	0.386
09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.128	0.086
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.128	0.116
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.127	0.292
06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.127	0.138
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.127	0.113

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.126	0.171
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.126	0.125
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.126	0.125
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.125	0.120
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.125	0.120
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.125	0.120
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.125	0.120
21419	KFC, biscuit	49.0	1.0 biscuit	0.125	0.141
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.125	0.089
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.125	0.091
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.125	0.194
21268	TACO BELL, Nachos	80.0	1.0 serving	0.125	0.166
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.125	0.166
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.125	0.225
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.124	0.238
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.124	0.122
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.124	0.239
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.124	0.456
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.124	0.106
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.124	0.087
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.123	0.118
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.123	0.093
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.123	0.148
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.123	0.148
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.123	0.121
12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.123	0.638
11090	Broccoli, raw	91.0	1.0 cup chopped	0.123	0.174
11848	Pumpkin leaves, cooked, boiled, drained, with salt	71.0	1.0 cup	0.123	0.133
11419	Pumpkin leaves, cooked, boiled, drained, without salt	71.0	1.0 cup	0.123	0.133
11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.122	0.082
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.122	0.087
18245	Danish pastry, cheese	28.35	1.0 oz	0.122	0.092
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.122	0.200
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.122	0.156
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.122	0.131

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.121	0.173
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.121	0.156
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.121	0.156
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.121	0.140
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.120	0.073
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.120	0.091
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.120	0.091
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.120	0.091
11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.120	0.080
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.120	0.630
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.119	0.122
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.119	0.231
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.119	0.068
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.119	0.058
09139	Guavas, common, raw	165.0	1.0 cup	0.119	0.107
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.119	0.148
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.119	0.090
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.119	0.053
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.119	0.115
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.118	0.440
20133	Rice noodles, dry	57.0	2.0 oz	0.118	0.294
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.118	0.084
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.118	0.437
03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.118	0.088
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.117	0.115
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.117	0.137
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.117	0.079
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.117	0.148
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.117	0.103
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.117	0.086
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.117	0.086
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.117	0.084
20032	Millet, cooked	174.0	1.0 cup	0.117	0.212
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.116	0.100
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.116	0.114
18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.116	0.171

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
07031	Ham salad spread	15.0	1.0 tbsp	0.116	0.089
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.116	0.100
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.116	0.103
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.115	0.110
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.115	0.104
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.115	0.180
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.115	0.180
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.115	0.097
20029	Couscous, cooked	157.0	1.0 cup, cooked	0.115	0.220
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.114	0.424
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.114	0.228
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.114	0.095
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.114	0.095
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.114	0.095
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.114	0.095
18103	Coffeecake, cheese	28.35	1.0 oz	0.114	0.085
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.113	0.190
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.113	0.111
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.113	0.125
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.113	0.112
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.113	0.168
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.113	0.168
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.113	0.105
09040	Bananas, raw	225.0	1.0 cup, mashed	0.112	0.110
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.112	0.047
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.112	0.085
09205	Oranges, raw, with peel	170.0	1.0 cup	0.112	0.153
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.112	0.091
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.112	0.091
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.112	0.086
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.112	0.100
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.111	0.118
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.111	0.154
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.111	0.107
18355	Sweet rolls, cheese	28.35	1.0 oz	0.110	0.089

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.110	0.146
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.109	0.574
20134	Rice noodles, cooked	176.0	1.0 cup	0.109	0.273
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.109	0.061
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.109	0.116
09176	Mangos, raw	165.0	1.0 cup pieces	0.109	0.051
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.109	0.098
12058	Nuts, acorns, raw	28.35	1.0 oz	0.109	0.134
11297	Parsley, fresh	60.0	1.0 cup chopped	0.109	0.073
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.108	0.189
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.108	0.172
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.108	0.163
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.108	0.163
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.108	0.105
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.108	0.105
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.108	0.086
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.108	0.242
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.107	0.059
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.107	0.130
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.107	0.277
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.107	0.096
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.107	0.104
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.107	0.104
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.106	0.126
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.106	0.131
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.106	0.094
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.106	0.100
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.106	0.100
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.105	0.155
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.105	0.197
18147	Cheesecake commercially prepared	28.35	1.0 oz	0.105	0.071
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.105	0.088
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.105	0.088
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.105	0.198
18241	Croissants, cheese	28.35	1.0 oz	0.105	0.103
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.105	0.071

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.105	0.095
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.105	0.310
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.104	0.074
19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.104	0.080
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.104	0.126
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.104	0.126
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.104	0.283
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.104	0.057
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.104	0.102
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.104	0.102
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.104	0.101
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.104	0.183
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.103	0.087
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.103	0.192
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.103	0.099
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.103	0.057
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.102	0.228
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.102	0.092
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.102	--
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.102	0.085
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.102	0.184
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.102	0.184
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.102	0.089
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.102	0.089
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.102	0.028
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.101	0.096
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.101	0.100
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.101	0.073
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.101	0.084
11965	Cauliflower, green, raw	64.0	1.0 cup	0.101	0.091
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.101	0.091
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.101	0.315
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.100	0.076
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.100	0.134
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.100	0.103
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.100	0.077

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.100	0.071
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.100	0.096
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.100	0.293
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.100	0.076
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.100	0.076
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.100	0.203
18971	Bread, potato	32.0	1.0 slice	0.100	0.085
07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.099	0.080
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.099	0.083
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.099	0.087
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.099	0.071
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.099	0.121
09095	Figs, dried, stewed	259.0	1.0 cup	0.098	0.085
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.098	0.103
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.098	0.130
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.098	0.104
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.098	0.104
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.098	0.381
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.098	0.381
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.098	0.087
11793	Kohlrabi, cooked, boiled, drained, with salt	165.0	1.0 cup slices	0.097	0.183
11242	Kohlrabi, cooked, boiled, drained, without salt	165.0	1.0 cup slices	0.097	0.183
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.097	0.081
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.097	0.081
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.097	0.081
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.097	0.081
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.097	0.209
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.097	0.209
18224	Crackers, rusk toast	14.2	0.5 oz	0.097	0.092
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.097	0.200
18028	Bread, egg, toasted	28.35	1.0 oz	0.097	0.120
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.097	0.081
03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.096	0.119
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.096	0.179
21140	Side dishes, potato salad	95.0	0.333 cup	0.096	0.082
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.096	0.144

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.096	0.080
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.096	--
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.096	--
09326	Watermelon, raw	154.0	1.0 cup, balls	0.095	0.091
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.095	0.054
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.095	0.075
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.095	0.131
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.095	0.158
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.095	0.128
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.095	0.064
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.095	0.064
18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.095	0.081
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.095	0.068
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.095	0.068
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.094	0.127
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.094	0.084
09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.094	0.041
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.094	0.082
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.094	0.053
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.094	0.077
11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.094	0.062
11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.094	0.062
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.094	0.103
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.093	0.078
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.093	0.052
18239	Croissants, butter	28.35	1.0 oz	0.093	0.096
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.093	0.165
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.093	0.165
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.093	0.123
18344	Rolls, dinner, egg	28.35	1.0 oz	0.093	0.109
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.093	0.115
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.093	0.052
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.093	0.158
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.093	0.429
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.093	0.066
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.093	0.205

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.092	0.139
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.092	0.046
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.092	0.088
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.092	0.166
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.092	0.083
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.092	0.083
09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.092	0.073
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.092	0.097
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.092	0.068
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.092	0.082
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.092	0.082
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.091	0.208
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.091	0.135
18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.091	0.079
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.091	0.132
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.091	0.160
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.091	0.069
11134	Cassava, raw	206.0	1.0 cup	0.091	0.282
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.090	0.066
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.090	0.176
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.090	0.176
18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.090	0.073
18240	Croissants, apple	28.35	1.0 oz	0.090	0.088
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.090	0.068
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.090	0.068
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.090	0.068
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.090	0.068
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.090	0.136
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.090	0.133
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.090	0.122
05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.089	0.063
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.089	0.160
11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.089	0.056
18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.089	0.155
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.089	0.149
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.089	0.067

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.089	0.067
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.089	0.067
09277	Plantains, raw	148.0	1.0 cup, sliced	0.089	0.160
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.089	0.198
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.089	0.088
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.089	0.169
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.089	0.081
11601	Yam, raw	150.0	1.0 cup, cubes	0.088	0.190
01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.088	0.036
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.088	0.067
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.088	0.081
03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.088	0.076
18027	Bread, egg	28.35	1.0 oz	0.088	0.109
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.088	0.147
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.088	0.073
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.088	0.073
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.088	0.100
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.088	0.073
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.088	0.035
18266	English muffins, whole-wheat	28.35	1.0 oz	0.088	0.118
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.088	0.094
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.087	0.074
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.087	0.074
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.087	0.066
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.087	0.160
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.087	0.086
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.087	0.064
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.087	0.040
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.086	0.320
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.086	0.090
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.086	0.123
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.086	0.076
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.086	0.129
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.086	0.157
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.086	0.396
25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.086	0.076

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.086	0.075
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.085	0.116
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.085	0.116
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.085	0.280
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.085	0.280
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.085	0.114
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.085	0.074
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.085	0.074
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.085	0.167
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.085	0.167
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.085	0.137
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.085	--
18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.085	0.070
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.085	0.117
11506	Sweet potato leaves, cooked, steamed, without salt	64.0	1.0 cup	0.084	--
11874	Sweet potato leaves, cooked, steamed, with salt	64.0	1.0 cup	0.084	--
18037	Bread, oat bran	28.35	1.0 oz	0.084	0.126
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.084	0.102
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.084	0.075
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.084	0.346
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.084	0.346
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.084	0.072
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.084	0.070
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.084	0.070
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.084	0.127
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.084	0.127
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.084	0.042
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.084	0.142
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.084	0.178
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.084	0.088
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.084	0.088
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.084	0.088
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.084	0.127
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.084	0.107
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.084	0.192
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.083	0.122

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.083	0.111
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.083	0.075
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.083	0.063
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.083	0.076
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.083	0.067
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.083	0.069
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.082	0.099
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.082	0.110
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.082	0.109
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.082	0.110
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.082	0.125
01017	Cheese, cream	14.5	1.0 tbsp	0.082	0.034
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.082	0.137
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.082	0.074
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.082	0.089
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.082	0.137
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.082	0.378
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.082	0.041
09059	Breadfruit, raw	220.0	1.0 cup	0.081	--
16112	Miso	17.0	1.0 tbsp	0.081	0.133
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.081	0.062
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.081	0.062
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.081	0.105
11278	Okra, raw	100.0	1.0 cup	0.081	0.084
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.081	0.373
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.081	0.106
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.081	0.106
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.080	0.076
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.080	0.123
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.080	0.117
11505	Sweet potato leaves, raw	35.0	1.0 cup, chopped	0.080	--
19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.080	0.067
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.080	0.081
05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.079	0.061
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.079	0.073
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.079	0.075

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.079	0.075
11527	Tomatoes, green, raw	180.0	1.0 cup	0.079	0.052
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.079	0.069
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.079	0.090
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.079	0.082
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.079	0.124
11080	Beets, raw	136.0	1.0 cup	0.079	0.057
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.079	0.169
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.079	0.169
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.079	0.125
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.079	0.071
18283	Muffins, oat bran	28.35	1.0 oz	0.079	0.134
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.078	0.111
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.078	0.056
18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.078	0.092
11418	Pumpkin leaves, raw	39.0	1.0 cup	0.078	0.085
09164	Litchis, raw	190.0	1.0 cup	0.078	--
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.078	0.081
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.077	0.112
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.077	0.107
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.077	0.106
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.077	0.122
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.077	0.283
18264	English muffins, wheat	28.35	1.0 oz	0.077	0.102
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.077	0.116
18039	Bread, oatmeal	28.35	1.0 oz	0.077	0.112
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.076	0.067
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.076	0.071
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.076	0.119
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.076	0.090
18235	Crackers, whole-wheat	28.0	1.0 serving	0.076	0.134
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.076	0.073
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.076	0.068
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.076	0.037
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.076	0.080
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.076	0.163

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.076	0.143
11241	Kohlrabi, raw	135.0	1.0 cup	0.076	0.142
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.076	0.074
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.075	0.058
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.075	0.092
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.075	0.055
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.075	0.120
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.075	0.079
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.075	0.096
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.075	0.066
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.075	0.066
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.075	0.052
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.074	0.114
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.074	0.060
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.074	0.059
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.074	0.112
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.074	0.026
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.074	0.132
18003	Bagels, egg	28.35	1.0 oz	0.074	0.112
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.074	0.054
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.074	0.156
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.074	0.073
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.074	0.088
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.074	0.088
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.074	0.070
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.074	0.104
11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.073	0.056
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.073	0.111
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.073	0.109
18059	Bread, rice bran	28.35	1.0 oz	0.073	0.107
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.073	0.093
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.073	0.086
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.073	0.056
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.073	0.095
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.073	0.103
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.073	0.055

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.073	0.055
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.073	0.067
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.073	0.063
18061	Bread, rye, toasted	28.35	1.0 oz	0.073	0.101
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.073	0.107
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.072	0.058
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.072	0.156
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.072	0.080
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.072	0.132
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.072	0.115
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.072	0.087
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.071	0.055
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.071	0.199
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.071	0.199
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.071	0.052
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.071	0.052
11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.071	0.064
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.071	0.109
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.071	0.109
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.071	0.109
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.071	0.119
11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.071	0.053
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.071	0.092
11001	Alfalfa seeds, sprouted, raw	33.0	1.0 cup	0.071	--
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.071	0.103
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.071	0.103
18044	Bread, pumpernickel	28.35	1.0 oz	0.070	0.102
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.070	0.092
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.070	0.109
11518	Taro, raw	104.0	1.0 cup, sliced	0.070	0.107
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.070	0.077
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.070	0.219
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.069	0.098
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.069	0.098
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.069	--
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.069	0.032

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.069	0.109
18025	Bread, cracked-wheat	28.35	1.0 oz	0.069	0.099
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.069	0.046
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.069	0.080
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.069	0.130
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.069	0.127
11520	Taro leaves, raw	28.0	1.0 cup	0.069	0.062
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.069	0.174
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.069	0.031
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.069	0.102
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.069	0.075
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.068	0.084
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.068	0.077
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.068	0.084
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.068	0.114
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.068	0.084
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.068	0.129
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.068	0.129
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.068	0.131
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.068	0.102
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.068	0.100
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.068	0.102
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.068	0.100
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.068	0.057
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.067	0.050
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.067	0.055
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.067	0.055
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.067	0.103
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.067	0.102
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.067	0.117
18066	Bread, wheat bran	28.35	1.0 oz	0.067	0.101
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.067	0.047
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.066	0.046
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.066	0.247
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.066	0.247

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.066	0.064
18060	Bread, rye	28.35	1.0 oz	0.066	0.092
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.066	0.051
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.066	0.060
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.066	0.048
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.066	0.080
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.066	0.053
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.066	0.053
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup ( 1 NLEA serving)	0.065	0.172
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.065	0.066
18349	Rolls, french	28.35	1.0 oz	0.065	0.091
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.065	0.077
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.065	0.062
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.065	0.106
09110	Goji berries, dried	28.0	5.0 tbsp	0.065	0.202
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.065	0.063
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.065	0.064
09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.065	0.091
12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.065	0.122
11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.065	0.067
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.065	0.140
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.064	0.078
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.064	0.076
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.064	0.073
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.064	0.044
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.063	0.089
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.063	0.049
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.063	0.049
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.063	0.070
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.063	0.057
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.063	0.190
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.063	0.099
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.063	0.099
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	28.35	1.0 oz	0.063	0.099
11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.063	--
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.063	0.068

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.063	0.065
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.063	0.028
11282	Onions, raw	160.0	1.0 cup, chopped	0.062	0.166
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.062	0.133
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.062	0.091
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.062	0.059
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.062	0.082
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.062	0.054
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.062	0.093
18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.062	0.147
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.062	0.098
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.062	0.112
11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.061	0.094
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.061	0.097
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.061	0.055
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.061	0.055
11231	Jute, potherb, raw	28.0	1.0 cup	0.061	0.069
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.061	0.091
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.061	0.091
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.061	0.061
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.061	0.083
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.061	0.074
18065	Bread, wheat, toasted	28.35	1.0 oz	0.061	0.088
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.061	0.047
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.061	0.063
18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.061	0.088
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.061	0.107
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.061	0.107
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.060	0.101
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.060	0.062
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.060	0.062
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.060	0.046
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.060	0.062
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.059	0.055
18214	Crackers, cheese, regular	14.2	0.5 oz	0.059	0.055
11922	Sesbania flower, cooked, steamed, with salt	104.0	1.0 cup	0.059	0.064

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
11448	Sesbania flower, cooked, steamed, without salt	104.0	1.0 cup	0.059	0.064
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.059	0.071
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.059	0.060
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.059	0.058
09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.058	0.061
12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.058	0.119
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.058	--
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.058	0.049
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.058	0.040
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.058	0.078
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.058	0.060
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.058	0.099
11446	Seaweed, laver, raw	26.0	10.0 sheets	0.058	0.074
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.058	0.102
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.057	0.099
18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.057	0.044
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.057	0.170
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.057	0.060
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.057	0.047
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.057	0.131
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.057	0.103
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.057	0.096
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.057	0.049
18047	Bread, raisin, enriched	28.35	1.0 oz	0.057	0.103
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.057	0.061
11190	Cornsalad, raw	56.0	1.0 cup	0.057	0.051
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.056	0.178
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.056	0.139
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.056	0.069
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.056	0.115
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.056	0.110
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.056	0.109
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.056	0.086
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.056	0.086
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.056	0.059

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.056	0.068
18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.056	0.071
18033	Bread, italian	28.35	1.0 oz	0.056	0.090
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.056	0.069
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.056	0.046
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.056	0.022
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.056	0.102
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.056	0.044
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.055	0.042
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.055	0.059
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.055	0.059
01072	Dessert topping, pressurized	70.0	1.0 cup	0.055	0.027
18172	Cookies, gingersnaps	28.35	1.0 oz	0.055	0.060
19081	Candies, sweet chocolate	28.35	1.0 oz	0.055	0.063
18218	Crackers, matzo, egg	14.2	0.5 oz	0.055	0.077
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.055	0.127
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.055	0.055
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.055	0.055
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.055	0.027
18177	Cookies, molasses	28.35	1.0 oz	0.055	0.060
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.055	0.124
20030	Hominy, canned, white	165.0	1.0 cup	0.054	0.112
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.054	0.044
18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.054	0.071
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.054	0.059
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.054	0.051
11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.054	0.052
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.054	--
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.054	0.056
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.053	0.091
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.053	0.070
09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.053	0.051
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.053	0.060
18106	Coffeecake, fruit	28.35	1.0 oz	0.053	0.072
20330	Hominy, canned, yellow	160.0	1.0 cup	0.053	0.109
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.053	0.074

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.053	0.090
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.052	0.079
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.052	0.052
11457	Spinach, raw	30.0	1.0 cup	0.052	0.049
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.052	0.047
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.052	--
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.052	--
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.052	0.054
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.052	0.087
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.052	0.038
11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.052	0.078
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.052	0.091
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.051	0.046
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.051	0.054
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.051	0.131
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.051	0.040
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.051	0.056
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.051	0.037
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.051	0.037
18236	Cracker meal	28.35	1.0 oz	0.051	0.091
11963	Nopales, raw	86.0	1.0 cup, sliced	0.051	0.045
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.051	0.228
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.050	0.078
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.050	0.053
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.050	0.053
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.050	0.059
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.050	0.059
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.050	0.059
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.050	0.059
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.050	0.078
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.050	0.033
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.050	0.040
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.050	0.040
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.050	0.025
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.050	0.199

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.050	0.199
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.050	0.199
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.050	0.199
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.050	--
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.049	0.037
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.049	0.025
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.049	0.055
18243	Croutons, seasoned	14.2	0.5 oz	0.049	0.057
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.049	0.058
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.049	0.076
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.049	0.164
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.049	0.089
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.049	0.043
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.049	0.085
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.049	0.057
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.049	0.057
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.048	0.070
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.048	0.132
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.048	0.042
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.048	0.042
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.048	0.036
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.048	0.036
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.048	0.022
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.048	0.035
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.048	0.092
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.048	0.065
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.048	0.059
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.047	0.069
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.047	0.035
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.047	0.056
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.047	0.040
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.047	0.116
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.047	0.038
11564	Turnips, raw	130.0	1.0 cup, cubes	0.047	0.031
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.047	0.038

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.047	0.038
18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.047	0.041
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.047	0.065
18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.047	0.041
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.047	0.092
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.046	0.082
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.046	0.040
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.046	0.082
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.046	0.082
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.046	0.028
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.046	0.126
18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.046	0.043
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.046	--
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.046	--
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.046	0.032
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.046	0.049
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.046	0.049
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.046	0.039
11591	Watercress, raw	34.0	1.0 cup, chopped	0.046	0.051
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.045	0.065
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.045	0.034
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.045	0.112
18338	Phyllo dough	28.35	1.0 oz	0.045	0.082
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.045	0.141
18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.045	0.080
18171	Cookies, fortune	28.35	1.0 oz	0.045	0.048
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.044	0.047
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.044	0.048
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.044	0.084
18021	Bread, boston brown, canned	28.35	1.0 oz	0.044	0.072
09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.044	0.025
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.044	0.075
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.044	0.200
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.044	0.030
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.044	0.030
03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.044	0.031

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.044	0.040
18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.044	0.041
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.044	0.075
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.044	0.074
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.044	0.062
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.044	0.114
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.043	0.078
18354	Strudel, apple	28.35	1.0 oz	0.043	0.038
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.043	0.036
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.043	0.062
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.043	0.031
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.043	0.052
03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.043	0.033
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.042	0.057
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.042	0.197
11161	Collards, raw	36.0	1.0 cup, chopped	0.042	0.045
18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.042	0.031
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.042	0.029
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.042	0.062
12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.042	0.042
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.042	0.051
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.042	0.031
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.041	0.028
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.041	0.039
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.041	0.052
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.041	0.022
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.041	0.114
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.041	0.073
09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.041	0.196
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.041	0.030
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.041	0.062
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.041	0.042
18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.041	0.073
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.040	0.023
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.040	0.030
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.040	0.087

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.040	0.072
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.040	0.057
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.040	0.031
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.040	0.043
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.040	0.043
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.040	0.062
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.040	0.033
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.040	0.062
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.040	0.062
18170	Cookies, fig bars	28.35	1.0 oz	0.040	0.034
09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.040	0.022
09316	Strawberries, raw	152.0	1.0 cup, halves	0.040	0.043
18242	Croutons, plain	14.2	0.5 oz	0.039	0.061
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.039	0.062
09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.039	0.031
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.039	0.031
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.039	--
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.039	0.067
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.039	0.023
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.039	0.179
09140	Guavas, strawberry, raw	244.0	1.0 cup	0.039	0.037
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.039	0.087
09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.039	0.023
09160	Lime juice, raw	242.0	1.0 cup	0.039	0.036
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.039	0.021
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.039	0.046
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.039	0.046
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.039	0.032
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.039	0.047
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.039	0.026
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.038	0.074
11429	Radishes, raw	116.0	1.0 cup slices	0.038	0.044
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.038	0.038
21420	KFC, Coleslaw	112.0	1.0 package	0.038	0.048
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.038	0.060
09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.038	0.022

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.038	0.068
18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.038	0.042
09088	Elderberries, raw	145.0	1.0 cup	0.038	0.068
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.038	0.040
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.038	0.038
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.038	0.073
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.037	0.061
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.037	0.061
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.037	0.049
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.037	0.019
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.037	0.057
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.037	0.039
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.037	0.161
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.037	0.161
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.037	0.052
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.037	0.061
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.037	0.062
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.037	0.038
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.036	0.017
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.036	0.057
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.036	0.014
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.036	0.059
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.036	0.101
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.036	0.027
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.036	0.029
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.036	0.029
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.036	0.072
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.036	0.024
21416	POPEYES, Coleslaw	120.0	1.0 package	0.036	0.060
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.036	0.035
11147	Chard, swiss, raw	36.0	1.0 cup	0.036	0.042
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.036	0.160
11003	Amaranth leaves, raw	28.0	1.0 cup	0.036	0.034
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.035	0.082
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.035	0.042
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.035	0.076

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.035	0.028
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.035	0.016
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.035	0.041
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.035	0.059
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.035	0.017
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.035	0.030
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.034	0.032
18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.034	0.074
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.034	0.032
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.034	0.032
09174	Loquats, raw	149.0	1.0 cup, cubed	0.034	0.021
18223	Crackers, milk	14.2	0.5 oz	0.034	0.044
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.034	0.032
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.034	0.032
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.034	0.159
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.034	0.027
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.034	0.051
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.034	0.051
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.034	0.029
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.034	0.031
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.034	0.036
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.034	0.146
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.034	0.053
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.033	0.041
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.033	0.041
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.033	0.018
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.033	0.089
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.033	0.014
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.033	0.056
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.033	0.088
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.033	0.058
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.033	0.060
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.032	0.051
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.032	0.054
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.032	0.056

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.032	0.056
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.032	0.143
09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.032	0.025
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.032	0.051
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.032	0.024
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.031	0.024
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.031	0.053
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.031	0.058
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.031	0.044
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.031	0.014
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.031	0.034
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.031	0.028
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.031	0.035
09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.031	0.084
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.031	0.024
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.031	0.015
11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.030	0.048
11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.030	0.048
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.030	0.033
19400	Snacks, banana chips	28.35	1.0 oz	0.030	0.029
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.030	0.055
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.030	0.026
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.030	0.025
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.030	0.038
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.030	0.043
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.030	0.033
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.030	0.015
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.030	0.025
19524	Snacks, taro chips	28.35	1.0 oz	0.029	0.045
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.029	0.016
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	146.0	1.0 cup (1" cubes)	0.029	0.020
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.029	0.031
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	146.0	1.0 cup (1" cubes)	0.029	0.020
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.029	0.031
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.029	0.052
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.029	0.048

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.029	0.037
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.028	0.050
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.028	0.030
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.028	0.056
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.028	0.056
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.028	0.090
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.028	0.015
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.028	0.017
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.028	0.056
25059	Snacks, brown rice chips	9.0	1.0 cake	0.028	0.056
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.028	0.056
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.028	0.049
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.028	0.049
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.028	0.023
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.028	0.129
09077	Crabapples, raw	110.0	1.0 cup slices	0.028	0.014
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.028	0.032
18217	Crackers, matzo, plain	14.2	0.5 oz	0.027	0.049
06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.027	0.031
11143	Celery, raw	101.0	1.0 cup chopped	0.027	0.020
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.027	0.033
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.027	0.012
19296	Honey	339.0	1.0 cup	0.027	0.017
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.027	0.015
19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.027	0.048
19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.027	0.048
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.027	0.091
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.027	0.029
02033	Spices, poppy seed	2.8	1.0 tsp	0.027	0.054
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.027	0.020
09279	Plums, raw	165.0	1.0 cup, sliced	0.026	0.015
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.026	0.051
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.026	0.047
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.026	0.092
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.026	0.054
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.026	0.054

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.026	0.046
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.026	0.052
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.026	0.024
28292	Crackers, multigrain	14.0	4.0 crackers	0.025	0.045
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.025	0.030
18360	Taco shells, baked	12.9	1.0 shell	0.025	0.037
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.025	0.119
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.025	0.119
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.025	0.015
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.025	0.011
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.025	0.034
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.025	0.049
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.025	0.069
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.024	0.012
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.024	0.012
11099	Brussels sprouts, cooked, boiled, drained, without salt	21.0	1.0 sprout	0.024	0.032
11745	Brussels sprouts, cooked, boiled, drained, with salt	21.0	1.0 sprout	0.024	0.032
11086	Beet greens, raw	38.0	1.0 cup	0.024	0.024
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.024	0.018
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.024	1.879
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.024	0.036
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.024	0.046
19419	Snacks, corn cakes	9.0	1.0 cake	0.024	0.046
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.024	0.089
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.024	0.042
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.024	0.021
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.024	0.023
02020	Spices, garlic powder	3.1	1.0 tsp	0.024	0.104
09252	Pears, raw	140.0	1.0 cup, slices	0.024	0.014
12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.024	1.822
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.024	0.034
25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.024	0.043
18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.023	0.042
28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.023	0.042
09191	Nectarines, raw	143.0	1.0 cup slices	0.023	0.013

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.023	0.023
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.022	0.012
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.022	0.012
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.022	0.115
11952	Radicchio, raw	40.0	1.0 cup, shredded	0.022	0.042
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.022	0.014
09206	Orange juice, raw	248.0	1.0 cup	0.022	0.117
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.022	0.033
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.022	0.020
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.022	0.025
08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.022	0.043
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.022	0.032
02016	Spices, dill seed	2.1	1.0 tsp	0.022	0.027
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.022	0.033
02005	Spices, caraway seed	2.1	1.0 tsp	0.022	0.026
09143	Guava sauce, cooked	238.0	1.0 cup	0.021	0.019
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.021	0.060
04016	Salad dressing, sesame seed dressing, regular	15.0	1.0 tablespoon	0.021	0.060
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.021	0.013
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.021	0.016
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.021	0.017
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.021	0.011
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.021	0.015
09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.020	0.015
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.020	0.030
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.020	0.024
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.020	0.024
09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.020	0.015
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.020	0.021
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.020	0.021
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.020	0.021
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.019	0.020
11152	Chicory greens, raw	29.0	1.0 cup, chopped	0.019	0.036
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.019	0.034
09050	Blueberries, raw	148.0	1.0 cup	0.019	0.055
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.019	0.011

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.019	0.028
09413	Pears, raw, red anjou	126.0	1.0 small	0.019	0.011
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.019	0.016
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.019	0.008
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.019	0.008
11151	Chicory, witloof, raw	53.0	1.0 head	0.019	0.035
18323	Pie, peach	28.35	1.0 oz	0.018	0.019
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.018	0.050
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.018	0.020
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.018	0.008
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.018	0.008
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.017	0.085
09221	Tangerine juice, raw	247.0	1.0 cup	0.017	0.084
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.017	0.011
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.017	0.007
20003	Arrowroot flour	128.0	1.0 cup	0.017	0.015
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.016	0.040
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.016	0.035
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.016	0.032
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.016	0.046
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.016	0.047
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.016	0.027
02028	Spices, paprika	2.3	1.0 tsp	0.016	0.020
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	175.0	1.0 cup, cubes	0.016	--
11213	Endive, raw	25.0	0.5 cup, chopped	0.016	0.016
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	175.0	1.0 cup, cubes	0.016	--
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.016	0.018
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.015	--
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.015	0.027
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.015	0.014
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.015	0.027
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.015	0.023
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.015	0.015
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.015	0.026
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.015	0.008
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.015	0.032

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.014	0.007
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.014	0.007
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.014	0.007
02015	Spices, curry powder	2.0	1.0 tsp	0.014	0.018
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.014	0.033
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.013	0.013
09421	Dates, medjool	24.0	1.0 date, pitted	0.013	0.014
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.013	0.045
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.013	0.042
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.013	0.011
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.012	0.018
11625	Parsley, freeze-dried	0.4	1.0 tbsp	0.012	--
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.012	0.034
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.012	0.023
11218	Gourd, white-flowered (calabash), raw	58.0	0.5 cup (1" pieces)	0.012	0.008
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.012	0.037
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.012	0.006
11593	Waxgourd, (chinese preserving melon), raw	132.0	1.0 cup, cubes	0.012	--
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.012	0.005
02026	Spices, onion powder	2.4	1.0 tsp	0.012	0.047
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.012	0.013
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.011	0.016
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.011	0.022
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.011	0.015
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.011	0.008
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.011	0.019
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.011	0.019
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.011	0.009
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.011	0.006
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.011	0.013
02029	Spices, parsley, dried	0.5	1.0 tsp	0.010	0.009
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.010	0.015
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.010	0.019
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.010	0.012
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.010	0.018
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.010	--

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.010	--
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.010	0.018
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.010	0.036
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.010	0.011
02009	Spices, chili powder	2.7	1.0 tsp	0.010	0.013
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.010	0.008
09159	Limes, raw	67.0	1.0 fruit (2" dia)	0.009	--
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.009	0.009
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.009	0.029
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.009	0.014
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.009	0.014
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.009	0.020
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup ( 1 NLEA serving)	0.008	0.025
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.008	0.007
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.008	0.007
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.008	0.007
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.008	0.009
02011	Spices, cloves, ground	2.1	1.0 tsp	0.008	0.007
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.008	0.014
20027	Cornstarch	128.0	1.0 cup	0.008	0.015
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.008	0.016
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.007	0.006
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.007	0.006
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.006	0.004
19297	Jams and preserves	20.0	1.0 tbsp	0.006	0.006
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.006	0.003
11943	Pimento, canned	12.0	1.0 tbsp	0.006	0.006
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.006	0.012
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.006	0.007
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.006	0.008
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.005	0.006
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.005	0.015
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.005	0.015
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.005	0.011
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.005	0.011
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.005	0.006

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.005	0.004
11960	Carrots, baby, raw	15.0	1.0 large	0.005	0.005
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.005	0.005
11156	Chives, raw	3.0	1.0 tbsp chopped	0.005	0.007
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.005	0.005
09165	Litchis, dried	2.5	1.0 fruit	0.005	--
11145	Celtuce, raw	8.0	1.0 leaf	0.004	0.004
02021	Spices, ginger, ground	1.8	1.0 tsp	0.004	0.013
02066	Spearmint, dried	0.5	1.0 tsp	0.004	0.005
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.004	0.006
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.004	0.004
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.004	0.005
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.004	0.004
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.004	0.007
11935	Catsup	17.0	1.0 tbsp	0.004	0.003
11949	Catsup, low sodium	17.0	1.0 tbsp	0.004	0.003
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.004	0.002
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.004	0.011
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.004	0.011
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.003	0.002
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.003	0.002
04073	Margarine, regular, hard, soybean (hydrogenated)	4.7	1.0 tsp	0.003	0.001
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.003	0.003
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.003	0.003
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.003	0.009
19303	Marmalade, orange	20.0	1.0 tbsp	0.003	0.004
09173	Longans, dried	1.7	1.0 fruit	0.003	0.002
01003	Butter oil, anhydrous	12.8	1.0 tbsp	0.003	0.001
02044	Basil, fresh	2.5	5.0 leaves	0.003	0.003
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.003	0.002
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.003	0.008
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.003	0.006
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.003	0.003
01002	Butter, whipped, with salt	3.8	1.0 pat (1" sq, 1/3" high)	0.003	0.001
02045	Dill weed, fresh	1.0	5.0 sprigs	0.002	0.001
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.002	0.003

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.002	0.008
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.002	0.003
02042	Spices, thyme, dried	1.0	1.0 tsp, leaves	0.002	--
11447	Sesbania flower, raw	3.0	1.0 flower	0.002	0.002
04114	Salad dressing, italian dressing, commercial, regular	14.7	1.0 tbsp	0.002	0.006
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.002	0.009
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.002	0.001
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.002	0.002
09172	Longans, raw	3.2	1.0 fruit without refuse	0.001	0.001
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.001	0.001
11216	Ginger root, raw	2.0	1.0 tsp	0.001	0.001
06168	Sauce, ready-to-serve, pepper or hot	4.7	1.0 tsp	0.001	0.001
02049	Thyme, fresh	0.8	1.0 tsp	0.001	--
02063	Rosemary, fresh	0.7	1.0 tsp	0.001	0.001
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.001	0.001
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	6.0	1.0 slice	0.001	0.001
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.001	0.002
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.001	0.002
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.001	0.003
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.001	0.003
14548	Beverages, tea, instant, lemon, with added ascorbic acid	23.0	1.0 serving (3 heaping tsp)	0.001	--
02065	Spearmint, fresh	0.3	2.0 leaves	0.000	0.000
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000	--
14209	Beverages, coffee, brewed, prepared with tap water	29.6	1.0 fl oz	0.000	--
02064	Peppermint, fresh	0.1	2.0 leaves	0.000	0.000
04514	Oil, poppyseed	13.6	1.0 tablespoon	0.000	--
04017	Salad dressing, thousand island, commercial, regular	16.0	1.0 tbsp	0.000	--
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	29.6	1.0 fl oz	0.000	--
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	13.6	1.0 tbsp	0.000	--
04545	Oil, sunflower, linoleic, (partially hydrogenated)	13.6	1.0 tbsp	0.000	--
04042	Oil, peanut, salad or cooking	13.5	1.0 tbsp	0.000	--
14544	Beverages, tea, black, brewed, prepared with distilled water	29.6	1.0 fl oz	0.000	--
14050	Alcoholic beverage, distilled, rum, 80 proof	27.8	1.0 fl oz	0.000	--
04574	Fat, duck	12.8	1.0 tbsp	0.000	--
04501	Oil, cocoa butter	13.6	1.0 tablespoon	0.000	--
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	13.6	1.0 tbsp	0.000	--

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
04001	Fat, beef tallow	12.8	1.0 tbsp	0.000	--
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	13.6	1.0 tbsp	0.000	--
04542	Fat, chicken	12.8	1.0 tbsp	0.000	--
03001	Babyfood, juice treats, fruit medley, toddler	28.0	1.0 packet	0.000	--
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1.0 tbsp	0.000	--
04570	Shortening, confectionery, fractionated palm	13.6	1.0 tbsp	0.000	--
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	13.6	1.0 tbsp	0.000	--
04534	Oil, babassu	13.6	1.0 tbsp	0.000	--
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	14.1	1.0 tablespoon	0.000	--
14034	Alcoholic beverage, creme de menthe, 72 proof	33.6	1.0 fl oz	0.000	--
04653	Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry	13.6	1.0 tbsp	0.000	--
04529	Oil, almond	13.6	1.0 tablespoon	0.000	--
02048	Vinegar, cider	14.9	1.0 tbsp	0.000	--
14355	Beverages, tea, black, brewed, prepared with tap water	29.6	1.0 fl oz	0.000	--
04556	Shortening frying (heavy duty), palm (hydrogenated)	12.8	1.0 tbsp	0.000	--
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	9.9	1.0 bar	0.000	--
14150	Beverages, carbonated, orange	31.0	1.0 fl oz	0.000	--
04650	Oil, industrial, soy, refined, for woks and light frying	13.6	1.0 tbsp	0.000	--
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1.0 tbsp	0.000	--
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	3.5	1.0 tsp	0.000	--
04670	USDA Commodity Food, oil, vegetable, low saturated fat	13.6	1.0 tbsp	0.000	--
04550	Shortening frying (heavy duty), beef tallow and cottonseed	12.8	1.0 tbsp	0.000	--
04055	Oil, palm	13.6	1.0 tbsp	0.000	--
19228	Frostings, cream cheese-flavor, ready-to-eat	33.0	2.0 tbsp creamy	0.000	--
14121	Beverages, carbonated, club soda	29.6	1.0 fl oz	0.000	--
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	13.6	1.0 tbsp	0.000	--
04515	Oil, tomatoseed	13.6	1.0 tablespoon	0.000	--
19330	Puddings, lemon, dry mix, instant	99.0	1.0 package (3.5 oz)	0.000	--
04664	Oil, industrial, soy (partially hydrogenated ) , palm, principal uses icings and fillings	13.6	1.0 tbsp	0.000	--
04546	Shortening bread, soybean (hydrogenated) and cottonseed	12.8	1.0 tablespoon	0.000	--
04044	Oil, soybean, salad or cooking	13.6	1.0 tbsp	0.000	--
14051	Alcoholic beverage, distilled, vodka, 80 proof	27.8	1.0 fl oz	0.000	--
04575	Fat, turkey	12.8	1.0 tbsp	0.000	--
04502	Oil, cottonseed, salad or cooking	13.6	1.0 tablespoon	0.000	--
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1.0 tablespoon	0.000	--

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
04002	Lard	12.8	1.0 tbsp	0.000	--
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	13.6	1.0 tbsp	0.000	--
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1.0 tablespoon	0.000	--
04037	Oil, rice bran	13.6	1.0 tablespoon	0.000	--
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	27.8	1.0 fl oz	0.000	--
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	27.8	1.0 fl oz	0.000	--
04572	Oil, nutmeg butter	13.6	1.0 tbsp	0.000	--
04133	Salad dressing, french, home recipe	14.0	1.0 tablespoon	0.000	--
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	13.6	1.0 tbsp	0.000	--
04536	Oil, sheanut	13.6	1.0 tablespoon	0.000	--
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	13.6	1.0 tbsp	0.000	--
04530	Oil, apricot kernel	13.6	1.0 tablespoon	0.000	--
04027	Salad dressing, mayonnaise, imitation, soybean	15.0	1.0 tbsp	0.000	--
14384	Beverages, water, bottled, PERRIER	29.6	1.0 fl oz	0.000	--
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.000	--
04559	Shortening household soybean (hydrogenated) and palm	12.8	1.0 tbsp	0.000	--
04058	Oil, sesame, salad or cooking	13.6	1.0 tablespoon	0.000	--
14153	Beverages, carbonated, pepper-type, contains caffeine	30.7	1.0 fl oz	0.000	--
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	13.6	1.0 tbsp	0.000	--
04520	Fat, mutton tallow	12.8	1.0 tbsp	0.000	--
04023	Salad dressing, thousand island dressing, reduced fat	15.0	1.0 tablespoon	0.000	--
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	12.8	1.0 tbsp	0.000	--
14130	Carbonated beverage, cream soda	30.9	1.0 fl oz	0.000	--
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	13.6	1.0 tbsp	0.000	--
04516	Oil, teaseed	13.6	1.0 tablespoon	0.000	--
04667	Shortening, industrial, soy (partially hydrogenated ) for baking and confections	12.8	1.0 tbsp	0.000	--
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	12.8	1.0 tbsp	0.000	--
04047	Oil, coconut	13.6	1.0 tbsp	0.000	--
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	27.8	1.0 fl oz	0.000	--
04576	Fat, goose	12.8	1.0 tbsp	0.000	--
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1.0 tbsp	0.000	--
19018	Fruit syrup	334.0	1.0 cup	0.000	--
04513	Vegetable oil, palm kernel	13.6	1.0 tablespoon	0.000	--
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	13.6	1.0 tbsp	0.000	--

NDB_No	Description	Weight(g)	Measure	Lysine(g) Per Measure	Arginine(g) Per Measure
04544	Shortening, household, lard and vegetable oil	12.8	1.0 tablespoon	0.000	--
04038	Oil, wheat germ	4.5	1.0 tsp	0.000	--
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	27.8	1.0 fl oz	0.000	--
14049	Alcoholic beverage, distilled, gin, 90 proof	27.8	1.0 fl oz	0.000	--
04573	Oil, ucuhuba butter	13.6	1.0 tbsp	0.000	--
04135	Salad dressing, home recipe, vinegar and oil	16.0	1.0 tablespoon	0.000	--
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	13.6	1.0 tbsp	0.000	--
04541	Oil, cupu assu	13.6	1.0 tablespoon	0.000	--
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1.0 tbsp	0.000	--
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.000	0.001
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	13.6	1.0 tbsp	0.000	--
04532	Oil, hazelnut	13.6	1.0 tablespoon	0.000	--
14385	Beverages, water, bottled, POLAND SPRING	29.6	1.0 fl oz	0.000	--
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.000	--
04560	Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)	12.8	1.0 tbsp	0.000	--
04060	Oil, sunflower, linoleic (less than 60%)	13.6	1.0 tbsp	0.000	--
14155	Beverages, carbonated, tonic water	30.5	1.0 fl oz	0.000	--
04652	Oil, industrial, soy ( partially hydrogenated), all purpose	13.6	1.0 tbsp	0.000	--
04528	Oil, walnut	13.6	1.0 tbsp	0.000	--
02047	Salt, table	6.0	1.0 tsp	0.000	--
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	29.6	1.0 fl oz	0.000	--
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	12.8	1.0 tbsp	0.000	--
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	27.8	1.0 fl oz	0.000	--
14142	Beverages, carbonated, grape soda	31.0	1.0 fl oz	0.000	--
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	13.6	1.0 tbsp	0.000	--
04517	Oil, grapeseed	13.6	1.0 tablespoon	0.000	--
04669	USDA Commodity Food, oil, vegetable, soybean, refined	13.6	1.0 tablespoon	0.000	--
04549	Shortening industrial, lard and vegetable oil	12.8	1.0 tbsp	0.000	--
04053	Oil, olive, salad or cooking	13.5	1.0 tablespoon	0.000	--